

HERNDON

Parks & Recreation Department



**Grand Re-Opening & Dedication Ceremony
– January 7th
Fitness Room and New Services – page 16**

**NOW OPEN!
Newly Renovated
and Expanded**

Herndon Community Center

Winter 2007 – Program & Events Guide

814 Ferndale Avenue, Herndon, Virginia 20170
703-787-7300 • www.herndon-va.gov



The Herndon Parks & Recreation Department is a Nationally Accredited Agency



General Information

Mission Statement

The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, foster a sense of community and serve as stewards of Town resources by providing diverse, accessible and valued parks, facilities and recreation programs in addition to those provided by Fairfax County.

Community Center Hours

Aquatic Facility

M-F 6am-10pm
Sa & Su 8am-8pm

Fitness Facility

M-F 6am-10:30pm
Sa & Su 8am-8pm

Community Center Holiday Hours

Christmas Eve, Dec. 24 6am-4pm
Christmas Day, Dec. 25 Closed
New Year's Eve, Dec. 31 6am-5pm
New Year's Day, Jan. 1 Closed
MLK Jr. Day, Jan. 14 6am-10:30pm
President's Day, Feb. 18.. 6am-10:30pm

Parks & Recreation Office Hours

M-F 8:30am-5:30pm
Office closed – Dec. 25, Jan., 1, 14, & Feb. 18

Phone

Pool, Racquetball, & Rentals

703-787-7300

Hearing Impaired Relay

1-800-828-1120 -TDD

Fax

703-318-8652

Touchtone Registration

703-707-2662

Website: www.herndon-va.gov

Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or video-tape of the activity in any marketing or promotional materials.

New! Better Benefits

Access to all the Community Center has to offer is now more convenient and more affordable. Passholders receive even more benefits than ever before, and with all the new options, everyone can enjoy the workout of their choice.

Take advantage of the full schedule of land fitness classes available at no additional charge to passholders and daily admission patrons.

Center Fees and Pass Options

- **Daily Full Use**
- **25-Admission Pass**
- **Monthly 30-Day Pass**
- **6-Month Pass**
- **Annual Pass**

• Receive a 10% discount on class registration fees if you are an annual pass holder

• Receive three complimentary sessions with our personal fitness trainer if you are an annual or six-month pass holder

Rates vary for Town residents and non-residents, youth and senior adults.

Daily admission fee now includes the use of the locker room, pool, sauna, gymnasium (ages 12 & older) and the fitness room (ages 14 & older) as available and admission to any regularly-scheduled land aerobics class (see class schedule on p 18).

Ages 12-17 have access Mon-Fri 2:30-6 pm to the gym, teen room and game room with a teen club membership. Must present card for admission.

Note: For pool use child(ren) age 8 & under must be accompanied by an adult.

Child(ren) age 5 & under must be with a parent in the water. For fitness room use, children must be age 14 or older. For gymnasium use, children must be age 12 or older. Youth are those age 17 and under. Seniors are those age 61 and older as of Dec. 31, 2006.

Daily	TOH/NR
Adults	\$4.75/\$6
Seniors	\$3.50/\$4.25
Youth	\$3.50/\$3.50
Non-Resident Seniors	\$4.25

25-Admission Pass	TOH/NR
Full Use	\$83/\$120
Seniors	\$61/\$85
Youth	\$61/\$70

Monthly 30-Day Pass	TOH/NR
Adult	\$40/\$58
2 Person Adult Married	\$64/\$91
Single Senior/Youth	\$31/\$46
Senior 2-Person Married	\$50/\$71
Dependent Youth	\$10/\$15
(with paid adult pass)	

6-Month Pass	TOH/NR
Adult	\$201/\$288
2-Person Adult Married	\$317/\$453
Single Senior/Youth	\$159/\$227
Senior 2-Person Married	\$249/\$356
Dependent Youth	\$50/\$72
(with paid adult pass)	

Annual Pass	TOH/NR
Adult	\$363/\$519
2 Person Adult Married	\$570/\$815
Single Senior/Youth	\$254/\$408
Senior 2-Person Married	\$449/\$641
Dependent Youth	\$90/\$129
(with paid adult pass)	

**TOH-Resident Rate Requires ID with Address*

RACQUETBALL & WALLYBALL COURTS

Prime time hours

**Monday - Friday 4-10pm, plus all day
Saturday, Sunday & Holidays**

Racquetball

Prime Time

\$4.50 per hour + admission fee per player

Non-Prime Time

\$2.50 per hour + admission fee per player

Wallyball

Prime Time

\$4 per court + admission fee per player

Non-Prime Time

\$2 per court + admission fee per player

Wallyball court rental is for two hours.

Information and forms for class registration can be found on pages 30-31 of this brochure.

Town of Herndon Town Council

Steve J. DeBenedittis, Mayor
Dennis D. Husch, Vice Mayor
Connie Haines Hutchinson
David A. Kirby
Harlon Reece
William B. Tirrell, Sr.
Charlie D. Waddell
Steve Owen, Town Manager

Parks & Recreation Department

Arthur A. Anselene
Director
Sue Berkemeier
Administrative Assistant
Sheri Branch
Office Assistant
Lori Rowland
Office Assistant
Cynthia Hoftiezer
Projects Coordinator
Abby Kimble
Marketing Specialist
Vacant
Aquatic Services Manager
Erin Cox
Pool Operations Manager
Kerstin Severin
Swim Team Coach
Ed Mayr
Community Center Manager
Dave Zakrzewski
Community Center Supervisor
Cindy Roeder
Recreation Services Manager
Bob Hilferty
Indoor Tennis Manager

Recreation Services Supervisors

Ann Hoy-Special Interest, Arts & Crafts
Susan Lilly-Town Naturalist
Holly Popple-Performing Arts, Events
Taacha Brown-Drummond, Sports, Fitness
Liz Judge-Fitness Specialist
Vacant-Teens, Trips, Senior Adults

Registration Dates

- Registration for all Town of Herndon residents will open at 10am on **Wednesday, December 6.**
- Registration for all non-Town of Herndon residents will open at 10am on **Tuesday, December 12.**

Starting on these dates you will be able to register online, by touchtone system, mail, fax, or in person for the Winter 2007 season.

Please see "Registration Information" on page 30 for more information.

Winter Highlights

Holiday Arts & Crafts Show
December 3

Performing Arts Series
A Celtic Celebration
for the Holidays
December 9

Santa's Workshop
December 16

**Men's Open Tennis
Tournament**
December 26-29

**Children's Performance
Series**
January 15, February 19
Preschool Open House
February 8



**A Nationally Accredited Agency
2006**

*"Herndon is Meeting and Exceeding
National Standards in P & R
Administration"*

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Gift Certificates



Make your holiday shopping easy this year by giving everyone on your list a gift certificate to the Herndon Community Center – a welcomed gift for all ages, which can be used for passes, classes, fitness center, racquetball, swimming, performing arts events, and trips. Purchase gift certificates in any amount at the Herndon Community Center, or order by phone (703-787-7300) with a credit card. (Open until 4 pm Christmas Eve!)

Inclement Weather Policy

All classes and programs starting before 3pm are canceled when Fairfax County schools close for the day due to inclement weather. For classes starting at 3pm or later, a decision will be made by 1pm that day. When Fairfax County schools have delayed opening, classes will be held as scheduled. On weekends, or if you have questions about classes meeting, call the Parks & Recreation Inclement Weather Line **703-435-6866**.

It's a Whole New Community Center!

Grand Re-Opening & Dedication Ceremony *Join us and celebrate!*

Sunday, January 7, 1pm (Center closed until 2:30pm*)

Experience all the Herndon Community Center has to offer.

- Tours 2pm
- Demonstrations
- Free Admission to the Herndon Community Center from 2:30 - 8 p.m.
- Entertainment & refreshments
- Giveaways



*No classes and no facility use until after 2:30pm on Sunday, January 7

Herndon Community Center - newly renovated

Now Featuring:

- **Expanded fitness room with new equipment**
- **3 racquetball courts**
- **25-yard indoor heated pool, spa, & sauna**
- **Full-size gymnasium**
- **All new meeting spaces and classrooms**
- **Personal training**
- **6 lighted tennis courts**
- **Classes galore - land and water fitness, swimming, tennis, yoga, dance, art, child-care, and much more.**

New! Better Benefits

Access to all the Herndon Community Center has to offer is now more convenient and more affordable. Passholders receive even more benefits than ever before!

- Daily admission & admission passes now include select land aerobic classes
- Receive a 10% discount on class registration fees if you are an annual pass holder
- Receive three complimentary sessions with our personal fitness trainer if you are an annual or six-month pass holder

No Initiation Fees or Contracts • Flexible Admission Passes

PARKS AND RECREATION DEPARTMENT EARNS NATIONAL ACCREDITATION

On October 10, 2006, the Town of Herndon Department of Parks and Recreation earned the honor of becoming one of the 66 elite agencies in the country and the fourth in Virginia to have received national accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA). This distinguished accomplishment was awarded in Seattle, WA at the National Recreation and Parks Association (NRPA) Annual Congress.

The extensive accreditation process took several years. After the initial application, Herndon P&R staff completed a detailed self-assessment report that was followed by a visit to the Town of Herndon by a team of experienced park and recreation professionals to conduct a peer review. CAPRA conducted a final review. National accreditation requires park and recreation agencies to respond to 155 standards representing elements of effective and efficient park and recreation operations. To become accredited, agencies must demonstrate their ability to meet 36 fundamental standards and 85% of all other standards.

The Commission is comprised of representatives from the National Recreation and Park Association, the American Academy for Park and Recreation Administration, the National Association of County Park and Recreation Officials, the International City/County Managers Association, American Association for Physical Activity and Recreation, the Armed Forces Recreation Society, and the Council of State Executive Directors.



Planning a *Special Event* or a meeting?

Come see the newly renovated meeting spaces and warming catering kitchen at the Herndon Community Center. The Center can accommodate sit-down functions up to 375 people or provide meeting space for up to 100 people. Rental equipment such as tables, chairs and a stage in the larger rooms are available. Call **703-787-7300** to arrange a tour of our facilities.



Part-Time Seasonal Opportunities Available

Are you looking for part-time work close to home? Do you have an interest or skill you can share with others? The Herndon Parks and Recreation Department is seeking enthusiastic and skilled individuals to fill a variety of instructor positions. Days and hours are generally flexible to meet your schedule and hourly wage is based on training, certification and/or experience. Or share your hobby or interest – we are always looking for something new to offer.

Contact the Herndon Community Center at 703-787-7300 for more detailed information, an application or download one from our website: **www.herndon-va.gov** and click on Employment.

Share your talent – TEACH!



SWIMMING GUIDELINES

Parents should remember that unless a child is practicing skills learned in a class they may lose their proficiency to demonstrate the required skills. Do not place your child in a higher level course unless they have been practicing the required skills on a regular basis or have been passed on during a course evaluation. It is better to repeat a course to strengthen skills than place a child in a class over his level!

Starfish

No experience necessary but must be able to: Separate from parent; Learn in a group setting

Seahorse

Successful completion of Starfish or ability to: Put face in the water 5 seconds; Blow bubbles; Front glide with kick 3 feet; Float on back with assistance-5 seconds

Otters

Successful completion of Seahorse or ability to: Submerge totally bobbing 5 times; Float on front and back independently; Rollover from front to back; Swim with arm stroke and kick 5 yards

Manatees

Successful completion of Otter or ability to: Jump in 12 feet and return to side without assistance; Front crawl 15 yards with breathing; Elementary backstroke arm motion 15 yards; Back crawl 15 yards; Butterfly kick; Sitting/kneeling dives

Sharks

Successful completion of Manatee or the ability to: Front crawl 25 yards with side breathing; Elementary backstroke 15 yards; Back crawl 25 yards; Breaststroke 15 yards; Diving: compact/stride; Ability to swim across deep end of pool

Level 1

No experience necessary but must be able to participate in group setting

Level 2

Successful completion of Level 1 or the ability to: Put face in water and blow bubbles 5 seconds; Submerge face and pick up item; Float with assistance; Kick on front with face in using barbells

Level 3

Successful completion of Level 2 or the ability to: Float on front and back independently; Roll over from front to back; Combined stroke front and back 5 yards

Level 4

Successful completion of Level 3 or the ability to: Elementary Backstroke 5 yards; Front crawl and back crawl 15 yards; Jump into deep water and swim 15 yards; Kneeling dive

Level 5

Successful completion of Level 4 or the ability to: Tread water 1 minute; Crawl stroke 25 yards with side breathing; Back crawl 25 yards; Breaststroke 15 yards; Butterfly 15 yards; elementary backstroke 15 yards; Scissors kick; Stride dive and flip turn

Level 6

Successful completion of Level 5 or the ability to: Front and back crawl 50 yards; Back float 2 minutes; Tread water 2 minutes; Breaststroke 25 yards; Sidestroke 25 yards; Elementary backstroke 25 yards

Parent Observation of Classes:

To ensure an independent learning experience and to foster a quality, and rewarding learning environment in our youth classes, parents shall remain outside the classroom. In swim classes parents may sit in the bleacher area. The class instructor will notify parents if an observation day will be held at the end of the session. If you have a special consideration, please contact the Parks and Recreation Office to speak with the Recreation Program Supervisor.

◆ The pool will close at 6pm. December 1, 2, 8, and 15; and January 5, 12, and 19, for Herndon High School swim meets.

◆ The pool will be closed to the public every Tuesday, Wednesday, and Thursday from 3:00-4:15pm until February 15 for Herndon High School swim team practice.

◆ The pool is open to lap swimmers and scheduled swim lessons on Saturdays until 12 noon.

◆ There is limited recreational swimming on Sundays from 8am-12pm depending on class schedule.

Aquatics Class Make-up Policy

Classes canceled due to inclement weather, pool closures, or instructor illnesses are made up as the calendar allows. Credits for canceled classes will not be issued to participants who are unable to attend the make-up class.

Wacky Wednesday



Ages 5 & under

Come join us in the pool for great fun and games for the younger crowd. Children not enrolled in full-day school programs (kindergarten and younger) may participate. The training pool will be set aside for kids (must be with an adult) and filled with our wacky water toys. A great activity for those cold winter days!

Wednesdays, 1-3pm

\$5 parent/child

\$2 each additional child

Come and play with the floating submarine or slide on Saturday and Sunday 1-4pm!



PRESCHOOL AQUATICS

ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate-level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

Aquatots – Ages 6-18 months

Instructor works closely with parent in helping infant develop basic water skills including water adjustment, safety, and experiencing supported movement through the water.

Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.
Swim with parent.

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, January 8-January 31			
3011.101	M/W	10:30-10:55am	\$54/\$68
Session 2, February 12-March 7			
3011.102	M/W	10:30-10:55am	\$54/\$68
January 6-February 24			
3011.603	Sa	9:30-9:55am	\$54/\$68

Guppies – Ages 19-36 months

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills, and the use of flotation devices. Toddlers are required to wear swim diapers and plastic pants with elastic at the legs and waistband.
Swim with parent.

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, January 8-January 31			
3012.101	M/W	10-10:25am	\$54/\$68
Session 2, February 12-March 7			
3012.102	M/W	10-10:25am	\$54/\$68
January 12-March 2			
3012.503	F	10:30-10:55am	\$54/\$68
January 6-February 24			
3012.604	Sa	10-10:25am	\$54/\$68



Minnows – Ages 3-5

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. Designed for children who are older than our guppies, but are hesitant to separate from their parent. Skills that are taught include breath control, floating on front and back, and kicking.

Swim with parent.

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, January 9-February 1			
3018.201	T/Th	9:30-9:55am	\$54/\$68
Session 2, February 13-March 8			
3018.202	T/Th	9:30-9:55am	\$54/\$68
January 6-February 24			
3018.603	Sa	9-9:25am	\$54/\$68

Starfish – Ages 3-6

Skills introduced include: water adjustment, breath control, underwater exploration, water safety, and swimming movements on front and back. An excellent class for children who have little or no previous water experience.

Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent.

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, January 8-January 31			
3013.101	M/W	9:30-9:55am	\$54/\$68
3013.102	M/W	10:30-10:55am	\$54/\$68
3013.103	M/W	6:30-6:55pm	\$54/\$68
Session 2, February 12-March 7			
3013.104	M/W	9:30-9:55am	\$54/\$68
3013.105	M/W	10:30-10:55am	\$54/\$68
3013.106	M/W	6:30-6:55pm	\$54/\$68
Session 1, January 9-February 1			
3013.207	T/Th	10-10:25am	\$54/\$68
3013.208	T/Th	11-11:25am	\$54/\$68
3013.209	T/Th	12-12:25pm	\$54/\$68
3013.210	T/Th	6-6:25pm	\$54/\$68
Session 2, February 13-March 8			
3013.211	T/Th	10-10:25am	\$54/\$68
3013.212	T/Th	11-11:25am	\$54/\$68
3013.213	T/Th	12-12:25pm	\$54/\$68
3013.214	T/Th	6-6:25pm	\$54/\$68
January 10-February 28			
3013.315	W	11-11:25am	\$54/\$68
3013.316	W	12-12:25pm	\$54/\$68
January 12-March 2			
3013.517	F	11-11:25am	\$54/\$86
January 6-February 24			
3013.618	Sa	8:30-8:55am	\$54/\$68
3013.619	Sa	9:30-9:55am	\$54/\$68
January 14-March 4			
3013.720	Su	10-10:25am	\$54/\$68

Seahorse – Ages 3-6

Seahorse students can demonstrate water-orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. *Previous water experience required.*

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, January 8-January 31			
3014.101	M/W	10-10:25am	\$54/\$68
3014.102	M/W	11-11:25am	\$54/\$68
3014.103	M/W	5:30-5:55pm	\$54/\$68
3014.104	M/W	7-7:25pm	\$54/\$68
3014.105	M/W	7:30-7:55pm	\$54/\$68
Session 2, February 12-March 7			
3014.106	M/W	10-10:25am	\$54/\$68
3014.107	M/W	11-11:25am	\$54/\$68
3014.108	M/W	5:30-5:55pm	\$54/\$68
3014.109	M/W	7-7:25pm	\$54/\$68
3014.110	M/W	7:30-7:55pm	\$54/\$68
Session 1, January 9-February 1			
3014.211	T/Th	9:30-9:55am	\$54/\$68
3014.212	T/Th	10:30-10:55am	\$54/\$68
3014.213	T/Th	12:30-12:55pm	\$54/\$68
3014.214	T/Th	6:30-6:55pm	\$54/\$68
Session 2, February 13-March 8			
3014.215	T/Th	9:30-9:55am	\$54/\$68
3014.216	T/Th	10:30-10:55am	\$54/\$68
3014.217	T/Th	12:30-12:55pm	\$54/\$68
3014.218	T/Th	6:30-6:55pm	\$54/\$68
January 10-February 28			
3014.319	W	10:30-10:25am	\$54/\$68
3014.320	W	12:30-12:55pm	\$54/\$68
January 12-March 2			
3014.521	F	11:30-11:55am	\$54/\$68
January 6-February 24			
3014.622	Sa	9-9:25am	\$54/\$68
3014.623	Sa	10-10:25am	\$54/\$68
January 14-March 4			
3014.724	Su	10:30-10:55am	\$54/\$68

Otters – Ages 4-6

Our "Otter" students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, treading water, and diving from seated and kneeling positions. There is instruction in swimming in deep water and basic water safety rules.

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, January 8-January 31			
3015.101	M/W	11-11:25am	\$54/\$68
3015.102	M/W	5-5:25pm	\$54/\$68
Session 2, February 12-March 7			
3015.103	M/W	11-11:25am	\$54/\$68
3015.104	M/W	5-5:25pm	\$54/\$68
Session 1, January 9-February 1			
3015.205	T/Th	10:30-10:55am	\$54/\$68
3015.206	T/Th	1-1:25pm	\$54/\$68
3015.207	T/Th	5:30-5:55pm	\$54/\$68
Session 2, February 13-March 8			
3015.208	T/Th	10:30-10:55am	\$54/\$68
3015.209	T/Th	1-1:25pm	\$54/\$68
3015.210	T/Th	5:30-5:55pm	\$54/\$68



Otters continued

January 8-February 26

3015.111 M 10:30-10:55am \$54/\$68

January 10-February 28

3015.312 W 10-10:25am \$54/\$68

3015.313 W 1-1:25pm \$54/\$68

January 12-March 2

3015.514 F 12-12:25pm \$54/\$68

January 6-February 24

3015.615 Sa 10:30-10:55am \$54/\$68

January 14-March 4

3015.716 Su 11-11:25am \$54/\$68

Manatees – Ages 3-6

To enroll in this class, students should be able to swim a distance of 15 yards of front crawl taking at least two breaths, and 15 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction.

An advanced course for the preschool swimmer.

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, January 8-January 31			
3016.101	M/W	9:30-9:55am	\$54/\$68
3016.102	M/W	6-6:25pm	\$54/\$68
Session 2, February 12-March 7			
3016.103	M/W	9:30-9:55am	\$54/\$68
3016.104	M/W	6-6:25pm	\$54/\$68
Session 1, January 9-February 1			
3016.205	T/Th	10-10:25am	\$54/\$68
3016.206	T/Th	5-5:25pm	\$54/\$68
Session 2, February 13-March 8			
3016.207	T/Th	10-10:25am	\$54/\$68
3016.208	T/Th	5-5:25pm	\$54/\$68
January 8-February 26			
3016.109	M	10-10:25am	\$54/\$68
January 10-February 28			
3016.310	W	1:30-1:55pm	\$54/\$68
January 12-March 2			
3016.511	F	12:30-12:55pm	\$54/\$68
January 14-March 4			
3016.712	Su	11:30-11:55am	\$54/\$68

Sharks – Ages 4-6

To enroll in this class, students should be able to swim a distance of 25 yards of front crawl taking at least two breaths and 25 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction.

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, January 9-February 1			
3017.201	T/Th	11-11:25am	\$54/\$68
Session 2, February 13-March 8			
3017.202	T/Th	11-11:25am	\$54/\$68
January 12-March 2			
3017.503	F	1-1:25pm	\$54/\$68

YOUTH AQUATICS

Level 1 – Ages 6 & up

This Red Cross course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl, and safety skills.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1, January 8-January 31			
3021.101	M/W	6-6:30pm	\$54/\$68
Session 2, February 12-March 7			
3021.102	M/W	6-6:30pm	\$54/\$68
Session 1, January 9-February 1			
3021.203	T/Th	5-5:30pm	\$54/\$68
Session 2, February 13-March 8			
3021.204	T/Th	5-5:30pm	\$54/\$68
January 6-February 24			
3021.605	Sa	11-11:30am	\$54/\$68
January 14-March 4			
3021.706	Su	11:30am-12pm	\$54/\$68

Level 2 – Ages 6 & up

This Red Cross course builds on the fundamental skills learned in Level 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1, January 8-January 31			
3022.101	M/W	6:30-7pm	\$54/\$68
Session 2, February 12-March 7			
3022.102	M/W	6:30-7pm	\$54/\$68
Session 1, January 9-February 1			
3022.203	T/Th	5:30-6pm	\$54/\$68
Session 2, February 13-March 8			
3022.204	T/Th	5:30-6pm	\$54/\$68
January 8-February 26			
3022.105	M	2-2:30pm	\$54/\$68
January 6-February 24			
3022.606	Sa	10:30-11am	\$54/\$68
January 14-March 4			
3022.707	Su	11-11:30am	\$54/\$68

Level 3 – Ages 6 & up

This Red Cross course continues to build aquatic skills gained in previous classes. Coordination of front and back crawl, rotary breathing, kneeling dives and basic rescue skills are taught. Dolphin kick is introduced.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1, January 8-January 31			
3023.101	M/W	5:30-6pm	\$54/\$68
Session 2, February 12-March 7			
3023.102	M/W	5:30-6pm	\$54/\$68
Session 1, January 9-February 1			
3023.203	T/Th	6:30-7pm	\$54/\$68

Session 2, February 13-March 8

3023.204 T/Th 6:30-7pm \$54/\$68

January 8-February 26

3023.105 M 3:45-4:15pm \$54/\$68

January 6-February 24

3023.606 Sa 10-10:30am \$54/\$68

January 14-March 4

3023.707 Su 10:30-11am \$54/\$68

Level 4 – Ages 6 & up

In this Red Cross course, students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, breaststroke, and butterfly. Open turns are introduced.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1, January 8-January 31			
3024.101	M/W	5-5:30pm	\$54/\$68
Session 2, February 12-March 7			
3024.102	M/W	5-5:30pm	\$54/\$68
Session 1, January 9-February 1			
3024.203	T/Th	6-6:30pm	\$54/\$68
Session 2, February 13-March 8			
3024.204	T/Th	6-6:30pm	\$54/\$68
January 8-February 26			
3024.105	M	3:15-3:45pm	\$54/\$68
January 6-February 24			
3024.606	Sa	9:30-10am	\$54/\$68
January 14-March 4			
3024.707	Su	10-10:30am	\$54/\$68

Level 5 – Ages 6 & up

Students refine and coordinate the strokes learned in previous Red Cross courses. Front and back crawl, and elementary backstroke are performed at increased distances. Sidestroke, breaststroke and butterfly are refined. Students learn to use open turns at the wall when swimming laps. Deepwater work includes diving, water entries, and treading.

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3025.101	M	2:30-3:15pm	\$58/\$73
January 6-February 24			
3025.602	Sa	8:45-9:30am	\$58/\$73

SENIOR SWIM TIME!

**Seniors can visit the pool
for a reduced rate of \$2
all day Tuesdays!**





ADULT AND SPECIAL INTEREST AQUATICS

Adult Beginners – Ages 18 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking, and breathing skills will be taught.

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3041.101	M	7:15-8pm	\$58/\$73
January 6-February 24			
3041.602	Sa	10:30-11:15am	\$58/\$73

Adult Advanced Beginner

Ages 18 & up

This class is for students who have passed Adult Beginners or those who are comfortable in the water and are ready to concentrate on furthering the primary strokes: front and back crawl, and elementary backstroke and breaststroke. Treading water and introduction to rotary breathing are included in this class.

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3042.101	M	11-11:45am	\$58/\$73
January 6-February 24			
3042.602	Sa	11:15am-12pm	\$58/\$73

Adult Intermediate

Ages 18 & up

This class is for anyone who has completed Adult Beginners or anyone who is looking for a little stroke improvement. Students will work on stroke refinement and coordination. Strokes learned in previous courses will be performed at increased distances.

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3043.201	M	11:45am-12:30pm	\$58/\$73
January 6-February 24			
3043.602	Sa	12-12:45pm	\$58/\$73

SAFETY

Lifeguard Training Class

Ages 15 & up

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid, and CPR/AED for the Professional Rescuer. Students must be 15 years old by the first day to be eligible to enroll. Participants must also pass a pre-course swimming test to remain in the course. The pre-course test includes a 500 yard continuous swim consisting



of 200 yards of freestyle, 100 yards of breaststroke, and 200 yards of either freestyle or breaststroke; swimming 20 yards to retrieve a 10-pound brick from a depth of 12 feet of water, and returning 20 yards with the brick swimming on back using legs only. Students must attend all class sessions to pass this course!

1, 2 hour and 6, 8 hour sessions

Class	Day	Time	TOH/NR
2051.101			\$180/\$225
Dec. 23	Sa	2-4pm	
Dec. 26-31	T-Su	9am-5pm	

1, 2 hour and 6, 8 hour sessions

Class	Day	Time	TOH/NR
3051.601			\$180/\$225
Apr. 7	Sa	10:30am-12:30pm	
Apr. 9-14	M-Sa	9am-5pm	

Water Safety Instructor

Ages 16 & up

This American Red Cross course teaches participants how to instruct Red Cross swimming classes. The course covers swimming instruction for all ages from infants to adults. Students will also receive practical teaching experience. All students must be 16 years of age by the first day of class and complete a Water Safety pre-course test. Students must pick up materials and complete the first assignment prior to the first class session. Students must attend all class sessions to pass this course!

For more information or to obtain a list of the pre-course skills, please call the Aquatics Office **703-787-7300**.

10, 4 hour sessions

Class	Day	Time	TOH/NR
3052.301			\$188/\$235
Jan. 10-Mar. 7	W	6-10pm	
Feb. 3	Sa	9am-1pm	

Birthday Pool Parties!

Plan your child's next birthday celebration at the newly renovated Herndon Community Center.

Party packages include:

- a decorated party room (for one hour)
- balloons
- drinks and cake
- goodie bags
- and of course unlimited swimming.

Plus, we can coordinate a party featuring a nature theme. (Details p. 21)

Call **703-787-7300**





AQUATIC SPECIAL INTEREST

Diving 1 – Ages 7 & up

Introduces divers to the fundamentals of diving, starting with front and back jumps and working through front and back dives. Approaches, hurdles, and entries are also taught.

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 12-March 2			
3039.501	F	4:30-5:15pm	\$58/\$73

Diving 2 – Ages 7 & up

This class is designed for children with previous springboard diving experience. The completion of Diving 1 or equivalent is strongly recommended. This class will include refinement of front and back dives as well as learning more advanced dives and flips.

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 12-March 2			
3039.502	F	5:15-6pm	\$58/\$73



Adapted Aquatics

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety, and skills that are tailored to the needs of each participant. Volunteers are needed.

Parents: Please pick up a physician referral form from the Aquatics Dept. before the first day of class. Parents may need to assist in the water if there is a lack of volunteers.

8, 30 minute sessions

Ages 3-7

Class	Day	Time	TOH/NR
January 12-March 2			
3028.502	F	4:30-5pm	\$54/\$68

Ages 8-12

Class	Day	Time	TOH/NR
January 12-March 2			
3028.503	F	5-5:30pm	\$54/\$68

"PIRATES OF THE CARRIBEAN"

Dive-In Movie

Bring your floats and rafts, kick back, relax, and enjoy a movie in the pool. Doors open at 6pm; movie begins at 6:30pm. Pizza and drinks will be available for purchase. Kids under 12 must be accompanied by a parent or guardian. Kids under 6 must have a parent in the water with them.

Saturday, January 27 6-8:30pm

\$3 Adults

\$2 Children under 16



Youth Developmental Workout

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns, and endurance building.

- Ages 8 & under must swim 25 yards freestyle without stopping
- Ages 9-12 must swim 50 yards freestyle without stopping
- Ages 12-14 must swim 50 yards freestyle and 25 yards backstroke without stopping

8, 45 minute sessions

Ages 8 & under

Class	Day	Time	TOH/NR
January 14-March 4			
3027.701	Su	11:30-12:15am	\$58/\$73
3027.702	Su	5-5:45pm	\$58/\$73
3027.703	Su	6:30-7:15pm	\$58/\$73

Ages 9-12

Class	Day	Time	TOH/NR
January 14-March 4			
3027.704	Su	10:45-11:30am	\$58/\$73
3027.705	Su	5:45-6:30pm	\$58/\$73
3027.706	Su	7:15-8pm	\$58/\$73

Ages 12-14

Class	Day	Time	TOH/NR
January 14-March 4			
3027.707	Su	10-10:45am	\$58/\$73



Early Bird Water Workout

Ages 18 & up

Start your day with this high-intensity, cardiovascular workout! Held in the deep water, participants will wear ankle cuffs to provide buoyancy and resistance. This workout strengthens the core trunk muscles, arms, and legs. *Participants must be comfortable in deep water.*

24, 1 hour sessions

Class	Day	Time	TOH/NR
January 8-March 2			
3049.101	M/W/F	6:30-7:30am	\$120/\$150

Therapeutic Water Workout

Ages 18 & up

This is a low-intensity water exercise program designed for those with arthritis, painful joints, and general weakness. The class focuses on increasing range of motion, mobility, and strengthening. *Seniors: Please see Senior Citizen Discount information on the registration page. Rubber soled shoes are recommended.*

16, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-March 1			
3047.201	T/Th	10-11am	\$80/\$100
3047.202	T/Th	11am-12pm	\$80/\$100

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 12-March 2			
3047.503	F	10:30-11:30am	\$40/\$50

Senior Water Aerobics

Ages 18 & up

This course is an exercise class for active adults. It promotes fitness, flexibility, and range of motion at an intermediate pace. No swimming experience is necessary to become involved. *Seniors: Please see Senior Citizen Discount information on the registration page. Rubber soled shoes are recommended.*

16, 1 hour sessions

Class	Day	Time	TOH/NR
January 8-February 28			
3048.101	M/W	9-10am	\$80/\$100

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 12-March 2			
3048.502	F	9-10am	\$40/\$50

Water Aerobics – Ages 18 & up

This is the total water workout. It combines both toning exercises as well as aerobic conditioning. There is a deep-water element, and while no swimming experience is necessary, participants must be comfortable maneuvering in deep water.

Kid Care is available during this class (please see page 18.) Rubber soled shoes are recommended.

16, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-March 1			
3044.201	T/Th	9:30-10:30am	\$80/\$100

Water Walking – Ages 18 & up

Join the “Wave of the Future” by water walking! Water Walking is a low-impact aerobic workout that tones muscles in the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. *Participants must be comfortable in deep water since a portion of the workout is held in the 12-ft area. Rubber soled water shoes are recommended.*

16, 1 hour sessions

Class	Day	Time	TOH/NR
January 8-February 28			
3046.101	M/W	8-9am	\$80/\$100

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 12-March 2			
3046.502	F	8-9am	\$40/\$50



Deep Water 1

A high-intensity, no-impact, cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

16, 1 hour sessions

Class	Day	Time	TOH/NR
January 8-February 28			
3045.101	M/W	6:30-7:30pm	\$80/\$100
January 9-March 1			
3045.202	T/Th	8:30-9:30am	\$80/\$100
3045.203	T/Th	8-9pm	\$80/\$100

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 6-February 24			
3045.604	Sa	8-9am	\$40/\$50

Deep Water 2

This is the ultimate cardio challenge. This is a fast-paced, high-intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any device and have previously taken Deep Water 1.

16, 1 hour sessions

Class	Day	Time	TOH/NR
January 8-February 28			
3045.105	M/W	7:30-8:30pm	\$80/\$100
January 9-March 1			
3045.206	T/Th	7-8pm	\$80/\$100

Deep Water Aerobics

Get to work refreshed. Join us for an intense, deep water cardiovascular workout. No impact, lots of cardio to help strengthen and tone your muscles. Flotation devices will be used periodically but participants must be able to tread water.

16, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-March 1			
3045.207	T/Th	7:30-8:30am	\$80/\$100





Our program includes instruction in floor exercise, balance beam, uneven parallel bars and vaulting. Children are grouped by age and ability. Students advance based on skill and form. Separate classes have been designed for boys and girls due to the different areas of specialization. Levels should be repeated to acquire the skills needed to advance. Instructors reserve the right to suggest appropriate level based on skill reviews. The HPRD gymnastics program reserves the right to dismiss a student from a class if they are below the skill level necessary to complete the class.

GYMNASTICS FOR GIRLS

Beginner – Ages 5-8

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3722.103	M	3-4pm	\$44/\$55
January 8-February 26			
3722.104	M	4-5pm	\$44/\$55
January 10-February 28			
3722.105	W	6-7pm	\$44/\$55
January 12-March 2			
3722.106	F	4:30-5:30pm	\$44/\$55

Advanced Beginner – Ages 5-8

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 10-February 28			
3722.302	W	6-7pm	\$44/\$55

Advanced Beginner – Ages 6-11

8, 1.5 hour sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3722.112	M	4-5:30pm	\$65/\$82
January 10-February 28			
3722.113	W	4:30-6pm	\$65/\$82
January 12-March 2			
3722.114	F	5:30-7pm	\$65/\$82

Advanced Beginner II

Ages 6-11

8, 1.5 hour sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3722.115	M	5-6:30pm	\$65/\$82

Intermediate/Advanced

Ages 6 & up

8, 1.5 hour sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3722.116	M	5-6:30pm	\$65/\$82
January 12-March 2			
3722.117	F	5:30-7pm	\$65/\$82

Gymnastics Guidelines

Beginning: No experience necessary

Advanced Beginner: Cartwheels/Not afraid to go upside down on bars/Walk on high beams

Advanced Beginner II: Pullover/Round-off/Squatover

Intermediate: Handstand/Kickover/Squat-on/Pullover/Bridge kickover/Cartwheel on low beam

Advanced: Back walkover/Cartwheel (high beam)/pullover

GYMNASTICS FOR BOYS

Instruction in floor exercise, parallel bars, and vaulting. As boys specialize in different events than girls, only boys may register for these classes.

All Levels – Ages 5-8

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3722.301	M	3-4pm	\$44/\$55
January 12-March 2			
3722.303	F	4:30-5:30pm	\$44/\$55

Gymnastics for Young Beginners – (Boys & Girls)-Ages 4-6

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 6-February 24			
3722.304	Sa	10:30-11:15am	\$44/\$55
January 11-March 1			
3722.305	Th	9:15-10am	\$44/\$55

Parent Observation of Classes:

To ensure an independent learning experience and to foster a quality, and rewarding learning environment in our youth classes, parents shall remain outside the classroom. In swim classes parents may sit in the bleacher area. The class instructor will notify parents if an observation day will be held at the end of the session. If you



Photo by Luan Ngo

have a special consideration, please contact the Parks and Recreation Office to speak with the Recreation Program Supervisor.



Photo by Luan Ngo

JOIN THE MUNCHKATEERS

A coed movement program combining fitness, elementary gymnastics, rhythm and games. Develop your child's motor coordination, strength, and flexibility. All classes are structured, and children should be ready for group instruction.

Parent-Child Munchkateers

Ages 2-3

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 6-February 24			
3712.200	Sa	9:30-10:15am	\$44/\$55
January 9-February 27			
3712.201	T	9:15-10am	\$44/\$55
January 12-March 2			
3712.202	F	10:30-11:15am	\$44/\$55
January 12-March 2			
3712.203	F	11:30am-12:15pm	\$44/\$55

Munchkateers I – Ages 3-4

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 6-February 24			
3712.204	Sa	8:30-9:15am	\$44/\$55
January 8-February 26			
3712.205	M	10:30-11:15am	\$44/\$55
January 9-February 27			
3712.206	T	11:15am-12pm	\$44/\$55
January 11-March 1			
3712.207	Th	11:15am-12pm	\$44/\$55
January 12-March 2			
3712.208	F	9:30-10:15am	\$44/\$55

Munchkateers II – Ages 4-5

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 6-February 24			
3713.201	Sa	11:30am-12:15pm	\$44/\$55
January 8-February 26			
3713.200	M	11:15am-12pm	\$44/\$55
January 9-February 27			
3713.203	T	10:15-11am	\$44/\$55
January 11-March 1			
3713.204	Th	10:15-11am	\$44/\$55
January 12-March 2			
3713.205	F	12:30-1:15pm	\$44/\$55

YOGA/PILATES

Kundalini Yoga – Ages 16 & up

Kundalini Yoga is an ancient system of self-healing using rhythmic breathing, yoga sets (series of postures), guided relaxation, and meditation, to help relieve stress and tension while also creating a healthy body. Wear comfortable clothing, and bring a yoga mat, at least 3/16" thick, and a lightweight blanket. *Suitable for beginners and all levels.*

8, 1.5 hour sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3247.101	M	7:30-9pm	\$60/\$75
January 11-March 1			
3247.103	Th	7-8:30pm	\$60/\$75

Hatha Yoga – Ages 16 & up

Hatha Yoga uses a combination of breathing techniques and physical postures called "asanas" to release tension in the body and relieve stress while building strength, increasing flexibility and endurance. Wear comfortable clothing, and bring a yoga mat, at least 3/16" thick, and a lightweight blanket. Classes are appropriate for beginning or continuing students, with the exception of Intermediate Yoga.

Beginner

8, 1.5 hour sessions

Class	Day	Time	TOH/NR
January 14-March 4			
3247.104	Su	11:45am-1:15pm	\$60/\$75

Intermediate

At least one previous session of yoga at HCC or previous yoga experience is required.

8, 1.5 hour sessions

Class	Day	Time	TOH/NR
January 14-March 4			
3247.105	Su	1:15-2:45pm	\$60/\$75

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 10-February 28			
3247.107	W	7-8pm	\$45/\$56



Lunch Time Yoga – Ages 16 & up

Leave the demands of work behind for a while by taking this course offered conveniently at lunch time. Our instructor will help you focus and re-energize yourself by using controlled breathing and meditation. After taking this class, you will see how 45 minutes can change your entire week. Wear comfortable clothing, and bring a yoga mat, at least 3/16" thick, and a lightweight blanket.

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 9-February 27			
3247.106	T	12:15-1pm	\$40/\$50

Lunch Time Pilates – Ages 16 & up

Instead of going out for lunch, come inside the Herndon Community Center for a quick and effective workout. By using stretching and strengthening exercises to tone muscle, improve posture, and provide flexibility, you'll get a great core workout that will help you achieve flatter abs, longer and leaner muscles, heightened body awareness, and enhanced athletic performance. Wear comfortable clothing, and bring a Pilates mat, at least 3/16" thick, and a lightweight blanket.

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 10-February 28			
3247.102	W	12-12:45pm	\$40/\$50

Feldenkrais – Ages 16 & up

This is a method of movement re-education that teaches people to move with greater ease and with less effort, making daily life easier. In the Awareness Through Movement group lessons, the instructor verbally guides students through a sequence of gentle movements so they learn to let go of limiting habits. This technique will help to ease chronic problems, minimize pain, and enhance flexibility, balance, and coordination. This class is suitable for young and old. Wear comfortable clothing, and bring a mat at least 3/16" thick and a lightweight blanket.

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-February 27			
3247.200	Tu	6-7pm	\$45/\$56
January 10-February 28			
3247.202	W	10-11am	\$45/\$56

8, 45 minute sessions

January 11-March 1			
3247.201	Th	12-12:45pm	\$40/\$50

Shotokan Karate – Ages 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata), and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 12-March 2			
3767.101	F	7:05-8:05pm	\$33/\$41

Intro to Tae Kwon Do – Ages 7-14

Tae Kwon Do is the world's most popular martial art and new Olympic sport. Its popularity is due to its many physical benefits (strength, aerobics, flexibility, agility) and even more important, mental benefits (enhanced focus, confidence, discipline and respect). TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him). Instruction provided through H.K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 10-February 28			
3227.101	W	6-7pm	\$45/\$56

Fencing – Ages 9 & up

Try something new and exciting this winter. The sport of fencing is suitable to all ages and is taught by Takashi Iwasawa, a four-year varsity fencer at Harvard University. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

8, 2 hour sessions

Class	Day	Time	TOH/NR
January 14-March 4			
3764.101	Su	6-8pm	\$52/\$64

Kendo – Ages 13 & up

Try something new and exciting this winter. Kendo is the traditional art of Japanese fencing using a bamboo sword, the shinai. Equipment is available for purchase from the instructor.

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 14-March 4			
3764.102	Su	10:30-11:30am	\$33/\$41



FUN IN THE BUBBLE

These classes are held in the Bready Park Indoor Tennis Center

Future All Stars – Ages 4 & 5

This course will focus on a different sport each session including soccer, hockey, softball/baseball, and tennis. These programs are designed to help develop the basic skills necessary for participating in multiple sports. The first week is soccer skills. Each child must provide own equipment.

4, 45 minute sessions

Class	Day	Time	TOH/NR
January 13-February 3			
3724.301	Sa	8-8:45am	\$27/\$33



Parent/Child Fun and Games – Ages 2 & 3

This program brings parents, children, and sports together in an organized environment. With help from the instructor, parents work with their children to help them learn the basic motor skills necessary to participate in sports. This program teaches the child to kick, throw, bat, and catch without competition or fear of getting hurt. You must provide equipment for both the parent and child (one session each of baseball/softball, soccer, tennis, and a play week). The first week is soccer skills.

4, 45 minute sessions

Class	Day	Time	TOH/NR
February 10-March 10			
3724.303	Sa	8-8:45am	\$27/\$33

Kiddie Open Gym – Ages Walking-5

It's BACK! Bring your toddler and enjoy open play, tumbling on the mats, and kiddie basketball. This is a great way to socialize your children. Kids can run and exercise in a room to themselves. An adult MUST accompany children. Pick up a schedule on the first day. With every visit, your child gets a prize!

16, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-March 1			
3510.202	T/Th	1:30-2:30pm	Drop in Fee \$4/\$4
3510.203	T/Th	1:30-2:30pm	\$35-10 Visit Pass
			\$52-16 Visit Pass



Gymside & Trailside Walkers

Walking can add years to your life and life to your years. Gymside and Trailside Walkers have indoor and outdoor trails set up for walking, so no matter what the weather is you can still walk. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register.

Monday – Friday 7:30- 9am

See New
Kid Care
on Page 18

Preschool Open House for 2007-2008 School Year

**Thursday
February 8,
2007
2-4pm**

See back cover
for details



Kid's Night Out – Ages 5-12

Need a date night? Enjoy an evening on your own while your children enjoy a night of fun. Big-screen TV with PG/G movies, gym games, board games, and much more! Let us provide you with a safe environment for your child and a peaceful night for you. Children will be supervised at all times. Dinner & snacks will be served. Limited space available.

Class	Day	Time	TOH/NR
January 5			
3620.501	F	6:30-10pm	\$10/\$10
February 2			
3620.502	F	6:30-10pm	\$10/\$10
February 16			
3620.503	F	6:30-10pm	\$10/\$10



SANTA'S WORKSHOP

Ages 3 & up

Bring your child to enjoy holiday fun at Santa's Workshop. Cost includes a visit with Santa, holiday tattoos, games, and lunch. Parent participation encouraged

Registration deadline–
Wednesday, December 13

Herndon Community Center
Saturday, December 16
11am-1pm
\$7 per child
\$3 per adult if eating lunch

2511.001





The holidays are over and now it's time for you to get up and get moving. Regular exercise has been proven to help prevent illness, reduce the risk of injury, relieve stress and just make you feel better. Our fitness classes have been designed to include elements of strength and flexibility training with cardiovascular exercise to give you an excellent workout. Whether you are looking to try something new or have been exercising for years, our fitness programs will be able to meet all of your needs. Kid Care is available, and please, consult your doctor prior to starting any exercise program.

Pass holders and those paying the daily admission fee are eligible to take any of our fitness and aerobics classes at no additional charge.* Some classes may reach capacity or have limited specialty equipment available for drop-in students. See page 2 for details on becoming a pass holder and receiving all the benefits the Herndon Community Center offers for your health and fitness needs.

*except Cardio Kickboxing which is pre-registered only.

Exercise, Health & Fitness Classes are designed for ages 16 & up.

Please bring a fitness mat!

Make sure to register early to guarantee your space in a fitness class. These sessions are always popular, and we don't want you to miss out!

See New
Kid Care
on Page 18



STRENGTH AND FITNESS CLASSES

Total Body Conditioning

This class is a total body strength class, which includes balance, functional core stability, and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga and Pilates based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation! A total body strength workout to jump-start your metabolism!

18, 1 hour sessions

Class	Day	Time	TOH/NR
January 8-March 7			
3241.101	M/W	9-10am	\$65/\$81
3241.104	M/W	6-7pm	\$65/\$81
3241.102	M/W	7:10-8:10pm	\$65/\$81

9, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-March 6			
3241.103	T	7-8pm	\$40/\$50

AB Core

Get ready to work and feel your muscles to the core! This powerful strength class will build core stability as you strengthen your trunk muscles. A variety of equipment will be used such as stability balls, tubes, bodyweight, and more, in a format focusing on slow, controlled movements.

18, 45 minute sessions

Class	Day	Time	TOH/NR
January 9-March 8			
3241.200	T/Th	12-12:45pm	\$65/\$81

Beginner Strength & Sculpt

Tone your upper and lower body with this beginner strength training class for people who have little or no knowledge of strength training. Using light weights and resistance tubing, this class will focus on proper form and sculpting specific muscle groups with gradually increasing repetitions/weight. This is a non-aerobic class.

Seniors: Please see the senior discount information on the registration page.

18, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-March 8			
3244.100	T/Th	11am-12pm	\$65/\$81

FLOOR AEROBIC CLASSES

Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics combined with cardio kickboxing moves to get your body moving and your heart pumping followed by 25 minutes of strength and flexibility work to strengthen, tone, and define your muscles. Put on your cross training shoes and come have a blast!

18, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-March 8			
3242.102	T/Th	7:15-8:15pm	\$65/\$81

Cardio Kickboxing*

Give your body the total workout! Using basic kicks, punches, and some martial arts training techniques, you'll see gains in agility, strength, balance, coordination, and cardio fitness. It's a fun, cardio-based class that will literally kick your butt into shape!

9, 1 hour sessions

Class	Day	Time	TOH/NR
January 11-March 8			
3242.200	Th	7-8pm	\$40/\$50

*no drop-in available

COMBINATION FLOOR & STEP AEROBICS

Step and Stability Ball

This energizing class is a combination of cardio step and core strength training using the stability balls. These two together will burn lots of calories and get your heart pumping. The stability balls are excellent for building core strength and improving everyday, functional movements.

9, 45 minute sessions

Class	Day	Time	TOH/NR
January 10-March 7			
3245.100	W	12-12:45pm	\$33/\$41

Cardio Plus

Step! Hi-Lo! Work your heart, and burn the fat! Emphasis is on the cardio, but you will have the chance to work your muscles with weights and self-resistance—a perfect balance! This is a fun class, and you will love the results.

18, 1.25 hour sessions

Class	Day	Time	TOH/NR
January 9-March 8			
3242.201	T/Th	9:30-10:45am	\$81/\$101



STEP AEROBIC CLASSES

Step & Sculpt

Get the best of both worlds! This class will get your heart pumping and leave you feeling strong. Forty minutes of calorie burning step, along with sculpting and strengthening your muscles using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.

18, 1 hour sessions

Class	Day	Time	TOH/NR
January 8-March 7			
3242.203	M/W	7:15-8:15pm	\$65/\$81

18, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-March 8			
3242.204	T/Th	5:50-6:50pm	\$65/\$81

"EARLY BIRD" WORKOUTS

Designed so you can workout, shower, dress and still get to work on time. Sessions include locker room privileges.

Total Body Conditioning

9, 1 hour sessions

Class	Day	Time	TOH/NR
January 10-March 7			
3243.107	W	6-7am	\$40/\$50

Step & Sculpt

18, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-March 8			
3243.101	T/Th	6-7am	\$65/\$81

9, 1 hour sessions

Class	Day	Time	TOH/NR
January 12-March 9			
3243.102	F	6-7am	\$40/\$50

Fitness continues on page 18

Making Time To Exercise

For many people finding time to do something for themselves is getting harder and harder. One of the most skipped over items is exercise. Carving out one hour of time may seem unattainable in your day but here are a few ways to fit it all in.

Tips to help you find time to exercise/recreate:

1. Take a class or use the fitness room while your child is in a class.
2. Schedule a 30 minute session with a personal trainer to create personalized "mini-workouts."
3. Walk around the sports field while your child plays their sport.
4. Try water walking in the pool – you can even keep your hair dry to save time.
5. Make time during your lunch break – walk, stretch, or walk the stairs/halls.

Enjoy the Improved Fitness Room... larger and more spacious than ever before!

- **NEW cardio equipment**—treadmills, elliptical trainers, bikes, and a rowing ergometer machine
- **NEW free weights and multi-use benches, an Olympic bench, smith machine, and cable crossover machine**
- **Cybox Equipment, with NEW additions to the circuit**
- **4 Flat Panel TV's with BroadcastVision™ FM Wireless Entertainment System, stretching mats, and MUCH MORE!**

Come meet our Fitness Specialist, Liz Judge, who will be your guide on the path to better physical fitness!

See page 16 for all the details on our new special offerings!

Personal Training is now available!

Personal Training is a great way to UP your level of fitness! Whether you are looking for an introduction to different training methods or exercises, or seeking a long-term fitness program, your Personal Trainer is there to help you meet your fitness goals—lose weight, build strength, gain flexibility, run a marathon... we can get you there! You can train One-on-One (you and your trainer), Two-on-One (you, a training partner, and your trainer), or Group Training (you, 2-4 training partners, and your trainer). Each package includes a full Fitness Assessment and Evaluation, a detailed, custom-designed exercise regimen, and a Personal Trainer to be with you every step of the way! **See page 16 for details.**

The Herndon Community Center welcomes Liz Judge, the newly appointed Fitness Specialist. Liz is responsible for the Fitness Room and conducting our new fitness services. Please take advantage of these beneficial services:

- **Fitness Consultation**
- **Body Composition Testing**
- **Exercise Program Design**
- **Fitness Assessment and Evaluation**
- **Personal Training (One-on-One, Two-on-One, and small Group Training)**
- **FREE Fitness Room Orientations - every Wednesday at 7pm.**



The variety of experiences in exercise, athletic performance, and education which Liz brings to the department is diverse. She holds a B.S. degree in Exercise Science from George Mason University, and an M.S. in Sport Psychology from Ithaca College. Liz is also a Strength and Conditioning Specialist certified by the National Strength and Conditioning Association, a Club Level USA Weightlifting Coach, and a Level-II US Rowing Coach. In addition, she has worked with people of all ages and abilities, both one-on-one and in group settings, enhancing their level of physical fitness and helping them to achieve their fitness goals.

Liz has seen and lived in many different places and met many different people in her travels, and traveling is still one of her favorite things to do. Liz is a former collegiate rower, and she loves being on the water. If Liz is not rowing, you can find her outside jogging or working in the center on the elliptical or rowing ergometer. All the while, Liz finds time to train for her first marathon.

Please stop by and meet Liz as she hopes to create many wonderful relationships with the community here in Herndon and bring awareness to the importance of physical fitness and health through the programs and services we are offering. You can contact Liz at **703-435-6800, ext. 2127**, or at liz.judge@herndon-va.gov.

Fitness Room & Services

Fitness Room Orientation

Get to know the NEW Fitness Room better! The Fitness Specialist will take you through the room to introduce and demonstrate the cardio machines, free weights, Cybex equipment, and other fitness equipment. We recommend that all new passholders participate in this orientation to get the most benefit from the Fitness Room and other available Fitness Services. Orientations are held every Wednesday at 7pm.

Please sign up at the Fitness Room Desk.

1, 30 minute session

Wednesdays 7pm No Fee



Fitness Consultation

Having trouble with your exercise routine or feeling burned out? Discuss your fitness challenges and goals with the Fitness Specialist who will offer suggestions and solutions to get you back on track.

1, 30 minute session

Class TOH/NR
3270.100 \$10/\$10



Body Composition Testing

A fitness consultation is included as part of this service. Using proven methods, the Fitness Specialist will determine your body composition (fat mass & lean mass) through skinfold measurements. A follow-up consultation will provide you with valuable information about your current state of health, and give direction for your physical training.

2, 30 minute sessions

Class TOH/NR
3271.100 \$20/\$20



Exercise Program Design

A fitness consultation is included as part of this service. Based on your fitness goals and aspirations, the Fitness Specialist will design an 8-week exercise program for you. (NOTE: This service does not include Body Composition Testing or a Fitness Assessment.)

2, 30 minute sessions

Class TOH/NR
3272.100 \$30/\$30



Fitness Assessment and Evaluation

A fitness assessment is a great way to understand how your body is performing physically. This service includes a fitness consultation, as well as the option to have an exercise program designed specifically for you using your assessment results. Using scientifically-proven methods, the Fitness Specialist will physically test and evaluate you in the following areas: height & weight, body composition, posture, range of motion, flexibility, muscular strength & endurance, and cardiovascular endurance. A follow-up consultation is provided to give you an analysis of your test results, as well as your personalized exercise program (if applicable).

2, 1 hour sessions (NO program development)

Class TOH/NR
3273.100 \$50/\$50



4, 1 hour sessions (WITH program development, post-program assessment, and evaluation included)

Class TOH/NR
3273.101 \$75/\$75



Personal Training

If you are interested in registering for any Fitness Services and/or Personal Training, please call 703-435-6800, ext. 2127 to schedule an appointment. All services will be scheduled according to both the Trainer and the participant's availability. You may not register for these services without first scheduling with the Fitness Specialist. Once an appointment has been scheduled, you may then register for the program. Please Note: You are responsible for forming your own group for group training. Groups will not be assigned randomly by the Parks and Recreation Department.



Personal Training Fees

Town of Herndon Resident				Non-Resident			
One-on-One Personal Training							
1, 30 minute session 3274.100 \$30		1, 1 hour session 3274.101 \$50		1, 30 minute session 3274.100 \$30		1, 1 hour session 3274.101 \$50	
6, 30 minute sessions 3274.102 \$105		6, 1 hour sessions 3274.103 \$210		6, 30 minute sessions 3274.102 \$120		6, 1 hour sessions 3274.103 \$240	
10, 30 minute sessions 3274.104 \$150		10, 1 hour sessions 3274.105 \$300		10, 30 minute sessions 3274.104 \$175		10, 1 hour sessions 3274.105 \$350	
Two-on-One Personal Training							
1, 1 hour session 3274.106 \$65		1, 1 hour session 3274.106 \$65		1, 1 hour session 3274.106 \$65		1, 1 hour session 3274.106 \$65	
6, 1 hour sessions 3274.107 \$300		6, 1 hour sessions 3274.107 \$360		6, 1 hour sessions 3274.107 \$360		6, 1 hour sessions 3274.107 \$360	
10, 1 hour sessions 3274.108 \$450		10, 1 hour sessions 3274.108 \$550		10, 1 hour sessions 3274.108 \$550		10, 1 hour sessions 3274.108 \$550	
Group Training (3 per group)							
6, 1 hour sessions 3274.109 \$360		6, 1 hour sessions 3274.109 \$429		6, 1 hour sessions 3274.109 \$429		6, 1 hour sessions 3274.109 \$429	
10, 1 hour sessions 3274.112 \$550		10, 1 hour sessions 3274.112 \$650		10, 1 hour sessions 3274.112 \$650		10, 1 hour sessions 3274.112 \$650	
Group Training (4 per group)							
6, 1 hour sessions 3274.110 \$480		6, 1 hour sessions 3274.110 \$540		6, 1 hour sessions 3274.110 \$540		6, 1 hour sessions 3274.110 \$540	
10, 1 hour sessions 3274.113 \$750		10, 1 hour sessions 3274.113 \$850		10, 1 hour sessions 3274.113 \$850		10, 1 hour sessions 3274.113 \$850	
Group Training (5 per group)							
6, 1 hour sessions 3274.111 \$600		6, 1 hour sessions 3274.111 \$660		6, 1 hour sessions 3274.111 \$660		6, 1 hour sessions 3274.111 \$660	
10, 1 hour sessions 3274.114 \$950		10, 1 hour sessions 3274.114 \$1,050		10, 1 hour sessions 3274.114 \$1,050		10, 1 hour sessions 3274.114 \$1,050	

Cultural Arts Series

All performances held at:
Industrial Strength Theatre,
269 Sunset Park Drive, Herndon
Tickets:

Adults \$9-Advance/\$10-Door
Children 12 & Under:
\$7-Advance/\$8-Door



Saturday, December 9, 2006
8-9pm



A Celtic Celebration for the Holidays featuring

Maggie Sansone

Join us for a magical evening of enchanting Celtic Music. Share in the festive sounds of the seasons-holiday

favorites with traditional carols from ancient Celtic lands. Maggie is joined by Lisa Moscatiello, a Wammie award winner for artist of the year and contemporary folk female vocalist, Rosie Shipley on fiddle, also featuring Celtic flute and harp.

Activity Code: 2441.081

Saturday, January 6, 2007, 8-9pm

Crystal Concert Featuring

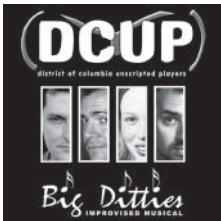
Dean Shostak

Dean Shostak's multimedia concert features the music and stories of Benjamin Franklin's glass armonica. Come help celebrate Mr. Franklin's 300th birthday! Hear spectacular new glass instruments from around the world including the glass violin, crystal hand bells and the glass bowed psaltery.

Made possible by a grant from the Virginia Commission for the Arts.

Activity Code: 2441.082

Saturday, February 24, 2007, 8-9pm



DCUP presents

Big Ditties –

A Musical Improv

DCUP (The District of Columbia Unscripted Players) presents "Big Ditties", a fully improvised musical

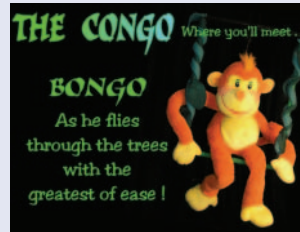
comedy. From the plot and characters to the dialogue and lyrics, this made-up musical will amaze and delight all audiences. "Big Ditties" has been performed at comedy and improv festivals around North America, including San Francisco, Toronto, and DC. DCUP recently won the DC Comedy Fest's Improv Rumble, and also won the Battle of the Comedy at the DC Improv.

Activity Code: 2441.083

Children's Performing Arts Series

All performances held at:
Phoenix Worldgate Movie Theatre, Worldgate Drive, Herndon
Tickets: \$4-Advance/\$5-Door

Monday, January 15, 2007, 10:30am



Bob Brown WORLD ON A STRING

Join Master Puppeteer Bob Brown on a rollicking adventure around the world! Come join the excitement where you will meet an Australian Kangaroo, Chinese dragon, Egyptian monkey, ice skaters from Holland, Irish Leprechauns, USA's

Yankee Doodle Dandy, and many more puppets around the world!

Activity Code: 2441.085

Monday, February 19, 2007, 10:30am



Lisa Polinori

ONE-WOMAN WHEELIE WITTY WACKY SILLY SUITCASE CIRCUS

A fast-paced, one-woman circus. The Unicycle Lady transforms herself into a broad array of circus performers by the change of a hat and tune including mime, magician, clown, animal tamer, dancer, unicyclist, acrobat, juggler, and more.

Whether balancing atop a 6-foot unicycle while juggling and spinning a plate in her mouth, or dancing elegantly on one wheel with the grace of a ballerina, it's the audience participation routines that make this a hilarious and breathtaking performance.

Activity Code: 2441.086



What's Happening at the Industrial Strength Theatre:

December 9

The Cultural Arts Series presents A Celtic Celebration for the Holidays featuring Maggie Sansone

January 6

The Cultural Arts Series presents A Crystal Concert featuring Dean Shostak, 8-9pm

January 26

Elden Street Players presents "The Iceman Cometh", January 26-February 17

For this performance, call Elden Street Players at 703-481-5930 for tickets, or visit www.elden-streetplayers.com for more information.

February 24

The Cultural Arts Series presents
Big Ditties-A Musical Improv 8-9pm



Tickets are available at the Herndon Community Center or by calling
703-787-7300.



Towne Square Singers

"Spirit of the Season – When Christmas Comes to Town!"

Friday, December 1, 7:30pm
2441.087

Saturday, December 2, 7:30pm
2441.088

Sunday, December 3, 2pm
2441.089



SCHEDULE OF LAND FITNESS CLASSES All these classes are included with the general admission fee.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-7 Step & Sculpt	6-7 Total Body Conditioning	6-7 Step & Sculpt	6-7 Step & Sculpt	
	9-10 Total Body Conditioning		9-10 Total Body Conditioning		9:15-10:15 Step & Sculpt Inter.	
9:30-10:30 Total Body Conditioning		9:30-10:45 Cardio Plus		9:30-10:45 Cardio Plus		9-10 Cardio Blast
11-12 Step & Sculpt Inter/Adv		11-12 Beg. Strength & Sculpt		11-12 Beg. Strength & Sculpt		
		12-12:45 AB Core	12-12:45 Step and Stability Ball	12-12:45 AB Core		
	6-7 Total Body Conditioning	5:50-6:50 Step & Sculpt	6-7 Total Body Conditioning	5:50-6:50 Step & Sculpt		
	7:10-8:10 Total Body Conditioning	7-8 Total Body Conditioning	7:10-8:10 Total Body Conditioning	7-8 Cardio Kickboxing*		
	7:15-8:15 Step & Sculpt	7:15-8:15 Cardio Blast	7:15-8:15 Step & Sculpt	7:15-8:15 Cardio Blast		

*no drop-in available.

WEEKEND WARRIORS

Step & Sculpt Intermediate

The same great class, but with a raised level of intensity.

9, 1 hour sessions

Class	Day	Time	TOH/NR
January 12-March 9			
3243.103	F	9:15-10:15am	\$40/\$50

Total Body Conditioning

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 14-March 4			
3243.106	Su	9:30-10:30am	\$35/\$44

Step & Sculpt Intermediate/Advanced

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 14-March 4			
3243.104	Su	11am-12pm	\$35/\$44

Cardio Blast

9, 1 hour sessions

Class	Day	Time	TOH/NR
January 6-March 3			
3243.105	Sa	9-10am	\$40/\$50

Gymside Walkers Information
See page 13



Kid Care

Take advantage of the expanded drop off babysitting service, run by our friendly staff.

Monday-Friday 7-10:45am and 5-8:30pm

Saturday and Sunday 9am-12pm

- \$4 for 2 hours
- \$45 for 15 visit punch pass
- \$60 for 25 visit punch pass.

Drop-ins are admitted daily on a space-available basis.

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout, or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule, and convenient punch-passes simplify the registration and payment process. Sorry, staff will not change diapers.

NOTE: Parents or guardians must be registered for a recreation class at the community center during Kid Care or be using the center's facilities. Parents must stay in the building the entire time. There is a two-hour limit for children participating in the babysitting service.



Boot Camp for Women & Men Dedication Determination Motivation Fun!

Come join the Boot Camp for Women or Boot Camp for Men Program. Both are challenging outdoor programs that focus on improving your cardiovascular stamina and increasing your muscle tone and strength while decreasing your body fat and changing your body composition. Each session consists of highly-structured and unique workouts that will make you sweat.

The program is suitable for all ability levels, and the workouts are tailored to each person. You will receive a great workout regardless of your body type or fitness level. A monthly fitness analysis will also help you gauge your progress along the way. We'll help you achieve unbelievable results!

To learn more, call 1-877-62SHAPE (877-627-4273), or visit our website at www.FIResults.com.

Held at Herndon Community Center Monday through Friday 6-7am & 7:30-8:30am
New sessions begin monthly





PEE WEE

Beginner – Ages 4-5

Beginning tennis fundamentals. Pee Wee should come with own tennis racquet (can be purchased at local discount store in sporting section).

6, 30 minute sessions

Class	Day	Time	TOH/NR
January 18-February 22			
3711.135	Th	4-4:30pm	\$26/\$32
3711.136	Th	4:30-5pm	\$26/\$32

YOUTH

All students must provide their own racquet and wear tennis shoes.

Beginner – Ages 6-8

6, 1 hour sessions

Class	Day	Time	TOH/NR
January 15-February 19			
3721.131	M	4-5pm	\$50/\$63
January 20-February 24			
3721.132	Sa	9-10am	\$50/\$63

Beginner – Ages 9-15

6, 1 hour sessions

Class	Day	Time	TOH/NR
January 15-February 19			
3721.231	M	5-6pm	\$50/\$63
January 17-February 21			
3721.232	W	5-6pm	\$50/\$63
January 20-February 24			
3721.233	Sa	10-11am	\$50/\$63

Advanced Beginner – Ages 6-8

Must have approval of previous instructor or equivalent playing skills.*

6, 1 hour sessions

Class	Day	Time	TOH/NR
January 17-February 21			
3721.251	W	4-5pm	\$50/\$63
January 18-February 22			
3721.252	Th	5-6pm	\$50/\$63

Advanced Beginner – Ages 9-15

Must have approval of previous instructor or equivalent playing skills.*

6, 1 hour sessions

Class	Day	Time	TOH/NR
January 15-February 19			
3721.335	M	5-6pm	\$50/\$63
January 16-February 20			
3721.332	T	4-5pm	\$50/\$63
January 19-February 23			
3721.333	F	4-5pm	\$50/\$63
January 20-February 24			
3721.334	Sa	11am-12pm	\$50/\$63

Intermediate – Ages 12-15

Must have approval of previous instructor or tennis manager to register.*

6, 1 hour sessions

Class	Day	Time	TOH/NR
January 16-February 20			
3721.432	T	5-6pm	\$50/\$63
January 19-February 23			
3721.433	F	5-6pm	\$50/\$63
January 20-February 24			
3721.434	Sa	12-1pm	\$50/\$63

*Call Bob Hilferty, Tennis Center Manager at 703-435-6800, ext 2114.

USTA SANCTIONED MEN'S OPEN SINGLES TOURNAMENT

December 26-29

Entry deadline December 21

Open to all USTA Members

Ages 16-80

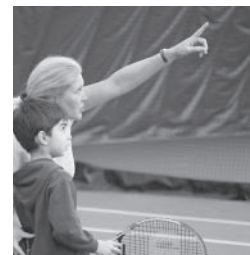
2741.901 \$35 per player



Learning Through Play

Parents play a crucial role in both the introduction to tennis and the early stages of development. Research indicates that most children get their first tennis experience from a parent. Parents can play an introductory role even with young children (ages 3-6). Introduce your child to striking and receiving skills using objects such as balloons, bean bags, and foam balls. These are ideal for throwing, bouncing, balancing, and catching.

After throwing and catching skills are acquired, children can learn to rally. Start with foam balls and short racquets; children can learn to rally with a parent in a driveway or parking lot. Simply rallying a foam ball over a line and graduating to a low net (using a string or caution tape) is great fun for both children and parents. As the child develops rallying skills, a tennis court could be used so the rally goes over the net with the service line serving at the baseline. Moving from a foam ball to a low compression ball is the next step. If your child is ready for group instruction, join us at the Bready Park Indoor Tennis Center this winter where our professional staff can share their love of the game and their playing skills in an age appropriate format.



BREADY PARK INDOOR TENNIS

Monday - Friday: 6am-10:30pm; Saturday & Sunday: 8am-10pm

Open through April 22, 2007

	CONTRACT TIME Court cost is per hour	RANDOM TIME*
Prime Time (after 5pm Mon-Fri; Sat & Sun all day):		
Adult TOH Resident	\$24	\$28
Adult Non Resident	\$30	\$34
Non-Prime Time (before 5pm week days):		
Adult TOH Resident	\$20	\$22
Adult Non Resident	\$26	\$28
Youth/Senior TOH	\$18	\$20
Youth/Senior Non Resident	\$22	\$24

*Reservations for random time may be made seven days in advance.

ID required for Town of Herndon Resident rates.

Cancellation Policy:

- A) Before 48 hours of scheduled time of play-NO CHARGE
 - B) 48 to 24 hours from scheduled time of play-\$5 PER RESERVED HOUR
 - C) Within 24 hours from scheduled time of play-FULL COURT FEE.
- All no shows will be financially responsible for FULL COURT FEE.

Indoor Tennis/Basketball

ADULT – 16 & up

Beginner – (1.0-1.5)

6, 1 hour sessions

Class	Day	Time	TOH/NR
January 20-February 24			
3741.133	Sa	9-10am	\$60/\$75

Advanced Beginner – (2.0-2.5)

Must have approval of tennis instructor or equivalent playing skills to register.

6, 1 hour sessions

Class	Day	Time	TOH/NR
January 15-February 19			
3741.231	M	11am-12pm	\$60/\$75
January 20-February 24			
3741.233	Sa	10-11am	\$60/\$75
3741.234	Sa	1-2pm	\$60/\$75

Intermediate Doubles Play & Strategy – (3.0-3.5)

Must have approval of tennis instructor or equivalent playing skills to register.

6, 1 hour sessions

Class	Day	Time	TOH/NR
January 20-February 24			
3741.333	Sa	11am-12pm	\$60/\$75

Intermediate/Advanced – (3.5-4.0)

Must have approval of tennis instructor or equivalent playing skills to register.

6, 1 hour sessions

Class	Day	Time	TOH/NR
January 20-February 24			
3741.431	Sa	12-1pm	\$60/\$75

NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

For those just starting to play tennis. Instruction and practice is focused on getting the ball over the net and proper stroke technique.

2.0-2.5 Advanced Beginner

Student has the ability to hit balls that don't require any movement to get into position. He/she is learning to judge the bounce of the ball and to move into position to hit the ball. Instruction and practice is focused on proper stroke technique while moving to the ball and hitting balls at different pace, height, and depth.

3.0-3.5 Intermediate

Student uses accepted technique for ground strokes and serves and has the ability to hit balls that require movement and positioning. Student is fairly consistent when hitting medium paced shots, but is not comfortable with all strokes and lacks execution when trying for direction, depth, and power. Student must be able to sustain a rally with ground strokes and volleys. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and practice.

4.0-4.5 Advanced

Student has dependable strokes including directional control and depth in both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with some success. This player occasionally forces errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and play.

Special Doubles Tennis for Adults/Seniors

Under 60 \$46
60 & Over \$42

6, 1.5 hour sessions

Class	Day	Time
January 15-February 19		
3751.231	M	12-1:30pm
January 18-February 22		
3751.232	Th	12-1:30pm



Save the Date SUPER SHOOTER BASKETBALL CONTEST Sunday, March 4, 1:15pm



Herndon Adult Men's Basketball League



Organizational league meeting for team captains and individuals looking to join a team will be held Monday, December 11, 6:30pm, at the Herndon Community Center.

- 8-10 game regular season plus playoffs
- A maximum of five (5) non-Herndon players allowed per roster
- Awards are given to the top two teams in each division
- \$600/Team; \$150 deposit due by Friday, December 15
- Balance of team fee (\$450) due by Friday, December 22
- Proof of residency required for all players, due at registration
- Games will be held Sunday and Thursday evenings beginning the week of January 7

3743.003 Men's 'A' Basketball League
3743.004 Men's 'B' Basketball League

WINTER 2007 OPEN GYM SCHEDULE

Monday	11:30am-2pm	Adult Basketball
	6-8:15pm	1/2 Adult Basketball
	8:15-10:30pm	Adult Basketball
Tuesday	8:15-10:30pm	1/2 Adult Basketball & 1/2 Adult Volleyball
Wednesday	11:30am-12:30pm	1/2 Adult Basketball
	12:30-2:30pm	Adult Basketball
	8:15-10:30pm	Adult Volleyball
Thursday	1:30-1:30pm	Adult Basketball
	6-8pm	Adult Basketball
Friday	11:30am-1pm	1/2 Adult Basketball
	1:30-2:30pm	Adult Basketball
	6-7pm	1/2 Adult Basketball
	7-10:30pm*	1/2 Adult Basketball & 1/2 Adult Volleyball
Saturday		HOYB League Games
Sunday	8am-1pm	1/2 Youth Basketball & 1/2 Adult Basketball
	1-6pm	1/2 Adult Volleyball & 1/2 Adult Basketball

Youth = 17 years & under Subject to change. Check monthly schedule. *Canceled during Teen Nights



Runnymede Park

The park is open from dawn to dusk. The park offers excellent opportunities for hiking, bird watching, nature study, and picnicking. Remember, all pets must remain on a leash, and please pick up after your pet!

You Can Schedule Activities In Runnymede Park for

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

Call the Town Naturalist at **703-435-6800 x 2113** or the Town Community Forester at **703-435-6800 x 2014**.

NATURE BIRTHDAY PARTIES

Celebrate your birthday outdoors at Runnymede Park. Kids can choose from several themes: Radical Reptiles; Creatures of the Night; Animal Tracks & Signs; and Bones, Feathers, & Furs. Each one-hour program is designed to entertain as well as educate. Bring your own cake and party favors, and use the picnic tables in the park, or you can rent a room at the Community Center for an additional \$30 fee, if available.

Call **703-435-6800 x 2113** to reserve your birthday. \$175 for up to 12 kids.



Do you have questions or concerns regarding wildlife?

The Town Naturalist is available to answer your questions. Call Susan Lilly at **703-435-6800 x 2113**.

Do you have questions or concerns regarding trees?

The Town Forester is available to answer your questions. Call John Dudzinsky at **703-435-6800 x 2014**.

All nature programs, unless otherwise indicated, meet at Runnymede Park (off Herndon Parkway). Please wear long pants and sturdy shoes to all programs, and dress appropriately for the weather. For all outdoor nature programs, anyone under 8 must bring an adult with them (no siblings please, unless they are signed up too). Please be on time, as all programs start promptly!

JANUARY

Spiders & Snakes! – Families, all ages

Investigate spiders & snakes! Take a look at these important creatures, and discover how beautiful they can be...or as the late Steve Irwin always said, "Isn't she a beaut!" To know these creatures is to LOVE them. Learn about venomous and non-venomous spiders and snakes (we will not have any venomous species at any of our programs). Spiders & Snakes are fascinating creatures and play a vital role in the Web of Life. Find out just what that role is as you put your fears aside and learn to love these amazing creatures.

Meet at the Herndon Community Center

1, 1 hour session

Class	Day	Time	TOH/NR
January 5			
3761.001	F	7-8pm	\$10 per family

Little Nature Inspector

Ages 4-6

The Little Nature Inspector program is a "hands on" approach to teaching environmental education to young children. Every Little Nature Inspector class includes child-safe experiments, and plenty of "take homes" to reinforce each lesson. Each class is designed to increase the child's imagination, curiosity, and exposure to our natural world and our web of life.

Meet at the Herndon Community Center

3, 1 hour sessions

The Earth and Moon, The Solar System, Stars, Galaxies and the Universe

Class	Day	Time	TOH/NR
January 9, 16, 23			
3761.002	T	5-6pm	\$40/\$40

Bald Eagles a Trip to Mason Neck – Ages 16 & up

Did you know that the Mason Neck Management Area in Fairfax, Virginia, has a population of over 75 Bald Eagles? Did you know that winter is one of the best times to observe these majestic birds of prey? Join us as we take a day trip to the Mason Neck Management Area to observe our nation's symbolic birds in their native habitat—fishing, sky dancing, and soaring in flight. Bring binoculars if you have them, wear sturdy shoes, pack a light lunch and water. RAIN OR SHINE, so dress accordingly. Van transportation provided.

Meet at the Herndon Community Center

1, 6 hour session

Class	Day	Time	TOH/NR
January 12			
3761.003	F	8am-2pm	\$10/\$10

Dinosaurs & Fossils

Families, all ages

Everyone agrees that dinosaurs are really cool. Learning about dinosaurs and other fossils gives us clues as to what the earth was like a long, long time ago. Join us for an evening of roaring-good fun.

Meet at the Herndon Community Center

1, 1.5 hour session

Class	Day	Time	TOH/NR
January 19			
3761.004	F	7-8:30pm	\$8 per family

FEBRUARY

Little Nature Inspector

Ages 4-6

The Little Nature Inspector program is a "hands on" approach to teaching environmental education to young children. Every Little Nature Inspector class includes child-safe experiments, and plenty of "take homes" to reinforce each lesson. Each class is designed to increase the child's imagination, curiosity, and exposure to our natural world and our web of life.

Meet at the Herndon Community Center

3, 1 hour sessions

Snow & Weather, Hibernating Animals, Identifying Trees in Winter

Class	Day	Time	TOH/NR
February 6, 13, 20			
3761.005	T	5-6pm	\$40/\$40



Turkey Talk – Families, all ages

What do turkeys have to say? Join the Town Forester for this program about everyone's favorite bird. Make your very own turkey call to take home!

Meet at the Herndon Community Center

1, 1 hour session

Class	Day	Time	TOH/NR
January 25			
3761.006	Th	6:30-7:30pm	\$8 per family

I.D. A Tree in Winter

Families, all ages

You don't need leaves to identify trees! Bundle up for a walk through Runnymede Park with our Town Forester as we learn how to identify trees in the winter. Did you know that you can still use the branches and the bark of a tree to identify it?

1, 1.5 hour session

Class	Day	Time	TOH/NR
February 10			
3761.007	Sa	10-11:30am	\$5 per family

Butterflies in Winter

Families, all ages

Where do butterflies go in the winter? What is that crumple of leaves under the bush? How does a miniscule egg form into a beautiful creature of flight? Can you raise butterfly eggs to adulthood for release? These and many more questions will be answered by The Butterfly Lady! Learn how you can help Herndon's butterfly population and encourage butterflies to overwinter in your very own backyard. Children will take home a butterfly.

Meet at the Herndon Community Center

1, 2.5 hour session

Class	Day	Time	TOH/NR
February 16			
3761.008	F	6-8:30pm	\$7 per family



Natural Aromatherapy

Ages 16 & up

Plants have long been used for healing and well being. Aromatherapy uses scents of herbs and flowers to heal, soothe, and relax the body and soul. Make your own herbal tea, bath, or essential oil in class.

Meet at the Herndon Community Center

1, 1.5 hour session

Class	Day	Time	TOH/NR
February 24			
3761.009	Sa	10-11:30am	\$15 per family



MARCH

Animal Sounds of the Forest – Families, all ages

What kind of sounds do animals make? What do animals say to each other? Join us for a nighttime stroll through the park as we listen for those animals that live in the forest, and learn what they say to each other.

1, 1.5 hour session

Class	Day	Time	TOH/NR
March 9			
3761.010	F	7-8:30pm	\$12 per family

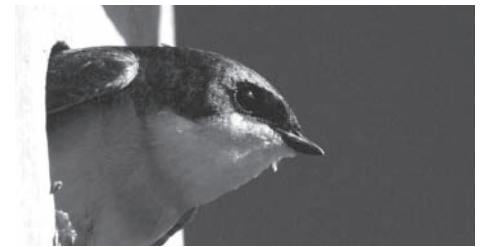


Spring Begins - Walking Stick Workshop – Families, all ages

If you enjoy hiking throughout Runnymede Park or hiking in general, come and create a walking stick...just your size. We will hunt for and gather our walking stick in Runnymede Park. We will also personalize our walking stick with feathers, paint, and natural treasures. Walking sticks have been used for generations to ease stress on the knees, point out natural features, avoid wildlife, and for just plain fun!

1, 1 hour session

Class	Day	Time	TOH/NR
March 10			
3761.011	Sa	10-11am	\$8 per family



Build a Nest Box – Families, all ages

At this program we will build a nest box for you to put up in your own backyard. Learn the best placement, location, and habitat that will attract wildlife to your nest box. Will your nest box attract a flying squirrel, a chickadee, titmice, possibly a wren? Wear appropriate attire for hammer work.

Meet at the Herndon Community Center

1, 1 hour session

Class	Day	Time	TOH/NR
March 16			
3761.012	F	6:30-7:30pm	\$20 per family



Save the Dates:

20th Annual Sugarland Run & Runnymede Park Clean-Up Day

Saturday, March 17, 2007 8am-12pm

11th Annual Meeting of the Friends of Runnymede Park

Sunday, March 18, 2007, 7:30-9pm

BABY BALLERINAS

Baby Ballerinas – Ages 2-3

An exciting dance class for the little ones! This class will teach basic ballet positions while capturing the children's attention with powerful force of imagination. This enchanting class will bring a smile to little princesses. Leotards, tights, and ballet slippers are required.

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3411.002	M	11:45am-12:30pm	\$48/\$60
January 10-February 28			
3411.019	W	10-10:45am	\$48/\$60
January 6-February 24			
3411.034	Sa	9:15-10am	\$48/\$60

PRE-BALLET

Learn the basics of ballet along with beginning theory while providing a fun, enjoyable, nurturing experience to ensure a love for the art. Goals include proper posture and the learned choreography of a dance performance for the last day of class to be held for parents and friends.

Beginner – Ages 3-4

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3411.003	M	12:30-1:15pm	\$48/\$60
January 9-February 27			
3411.012	T	10-10:45am	\$48/\$60
January 11-March 1			
3411.025	Th	10-10:45am	\$48/\$60
January 6-February 24			
3411.035	Sa	10-10:45am	\$48/\$60

Intermediate – Ages 3-5

1 session/6 months experience

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3411.004	M	1:15-2pm	\$48/\$60
January 9-February 27			
3411.013	T	10:45-11:30am	\$48/\$60
January 11-March 1			
3411.026	Th	10:45-11:30am	\$48/\$60
January 6-February 24			
3411.036	Sa	10:45-11:30am	\$48/\$60



Parent Observation of Classes:

To ensure an independent learning experience and to foster a quality, and rewarding learning environment in our youth classes, parents shall remain outside the classroom. In swim classes parents may sit in the bleacher area. The class instructor will notify parents if an observation day will be held at the end of the session. If you have a special consideration, please contact the Parks and Recreation Office to speak with the Recreation Program Supervisor.

Advanced – Ages 5-6

6-9 months experience

8, 45 minute sessions

Class	Day	Time	TOH/NR
January 11-March 1			
3411.027	Th	11:30am-12:15pm	\$48/\$60

BALLET/TAP/JAZZ

Ballet & Tap Beginner/

Intermediate – Ages 7-12

Students will learn the basic rhythms of tap and special stylized movements of ballet.

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 11-March 1			
3411.030	Th	5-6pm	\$48/\$60

Ballet & Jazz Intermediate/

Advanced – Ages 7-12

This class is for students that want to advance in the two different techniques.

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-February 27			
3411.016	T	5-6pm	\$48/\$60

Ballet, Tap & Jazz Intermediate/Advanced

Ages 7-12

This class is for students who want to advance in the three different techniques.

One year of experience required.

8, 1.5 hour sessions

Class	Day	Time	TOH/NR
January 6-February 24			
3411.045	Sa	1:30-3pm	\$75/\$90

COMBINATION DANCE

The goal of Combination Dance is to offer the student experience in tap, ballet, and tumbling technique through a series of classes that promote a dancer that has a basic training in both athletic and fluid movement.

Beginner – Ages 3-5

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3411.005	M	2-3pm	\$48/\$60
January 9-February 27			
3411.014	T	11:30am-12:30pm	\$48/\$60
January 10-February 28			
3411.020	W	11am-12pm	\$48/\$60
January 6-February 24			
3411.037	Sa	11:30am-12:30pm	\$48/\$60

Intermediate – Ages 4-6

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-February 27			
3411.015	T	12:30-1:30pm	\$48/\$60

Advanced – Ages 4-6

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 10-February 28			
3411.021	W	12-1pm	\$48/\$60

Advanced – Ages 5-8

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 6-February 24			
3411.038	Sa	12:30-1:30pm	\$48/\$60

Advanced Level 5 + Jazz

Ages 7-10

By teacher's recommendation only.

8, 1.5 hour sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3411.006	M	3-4:30pm	\$75/\$90

HIP-HOP DANCE

Hip-Hop is noted for its lively, sometimes very bouncy style, and it's highly energetic and expressively performed. The hip-hop jazz class will emphasize creativity, and energy, while incorporating basic jazz steps with the modern styles.

Beginner – Ages 4-6

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 11-March 1			
3411.028	Th	3-4pm	\$48/\$60



Beginner – Ages 7-12

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 10-February 28			
3411.022	W	5-6pm	\$48/\$60

Intermediate – Ages 7-12

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 11-March 1			
3411.029	Th	4-5pm	\$48/\$60

Advanced – Ages 8-13

12 weeks of Hip Hop required.

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3411.007	M	4:30-5:30pm	\$48/\$60

ADULT DANCE – Ages 16 & up

BALLET

The benefits of ballet include development of good posture, self-discipline, increased flexibility, grace, and fitness. Ballet class includes barre work and floor combinations. Men and women of all ages are welcomed and encouraged. Required class attire: leg covering (tights, leggings, or sweat pants), a leotard or close-fitting T-shirt, ballet slippers or soft-shoes, and hair confined. *No previous experience needed for adult ballet classes.*

Early Bird Ballet Technique

16, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-March 1			
3411.011	T/Th	6-7am	\$96/\$120

Ballet Technique

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-February 27			
3411.017	T	6-7pm	\$48/\$60

SALSA

Salsa has become a very popular dance form in recent years. This dance form originates from South and Latin America. It is the festival style and mood of this dance that has kept it alive. This class will also give you the opportunity to enter the world of social dancing!

Beginner Salsa – Ages 16 & up

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 10-February 28			
3411.023	W	6-7pm	\$48/\$60

Intermediate Salsa – Ages 16 & up

12 weeks experience required.

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-February 27			
3411.018	T	7-8pm	\$48/\$60

Square Dance – Ages 16 & up

Square dancing is our national dance! Originally brought to America by European settlers, a whole new type of dance developed called “modern western.” Dancers learn a series of “calls,” and the caller puts a different series together each time. This is not the dancing of Hee-Haw TV. It’s a sophisticated activity that draws more people from big cities than the country and is danced to a wide variety of music, including rock and roll.

8, 2 hour sessions

Class	Day	Time	TOH/NR
January 14-March 4			
3411.040	Su	3:30-5:30pm	\$96/\$120

Tango – Ages 16 & up

The most passionate and dramatic of the ballroom dances, the tango originated in Argentina and became popular in the U.S in the 1920’s. Join this class to learn the finer points of this beautiful dance or just improve your social skills. Tango doesn’t need words; come learn to communicate with your eyes and movements to dramatic music!



8, 1 hour sessions

Class	Day	Time	TOH/NR
January 10-February 28			
3411.024	W	7-8pm	\$48/\$60

Latin Dance – Ages 16 & up

The Cha Cha, Rumba, and Samba are called the Latin dances that originated from Latin America. Cha Cha is a flirty dance; Samba is a Brazilian carnival dance; while Rumba is a dance of love and passion. Latin dance brings enjoyment through various music rhythms and movement.

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 11-March 1			
3411.039	Th	6-7pm	\$48/\$60

BELLY DANCE

Belly dance is a fun, low-impact, cardiovascular workout! It works particularly on the torso, promoting abdominal strength, all over flexibility, proper alignment, and great body posture. The beginning class will also focus on the flexibility and rhythms of the Middle East and North Africa. Participants are asked to wear comfortable clothing such as leotard, tights, leggings, or drawstring pants; exercise or dance shoes; a scarf or belt long enough to tie around the hips comfortably; and a piece of lightweight fabric measuring 3 yards by 45 inches.

Belly 1 – Ages 16 & up

12 weeks of experience required.

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3411.008	M	6-7pm	\$48/\$60

Belly 2 – Ages 16 & up

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3411.009	M	7-8pm	\$48/\$60

Belly With Props – Ages 16 & up

Belly 1 experience required.

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3411.010	M	8-9pm	\$48/\$60

Early Bird Belly – Ages 16 & up

16, 1 hour sessions

Class	Day	Time	TOH/NR
January 8-March 2			
3411.001	M/F	6-7am	\$96/\$120

Bhangra – Ages 16 & up

Bhangra Dhamaka is a great workout for both men and women. This is a fun and energetic dance that starts with basics steps and ends with a coordinated routine. This class will not only give you a full-body workout, but will also give you rhythm for dancing. Please wear comfortable workout clothing.

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 5-February 23			
3411.033	F	6-7pm	\$48/\$60

DRAWING & PAINTING

Lassie Corbet's Art Classes Explorations in Watercolor

Ages 15 & up

This class is designed for the more adventurous painter. We will try to push our painting beyond the ordinary and explore new ideas for exceptional paintings. Experience in watercolor painting is necessary. 200 Great Painting Ideas for Artists, by Carole Katchen will be referenced throughout the class. There is a weekly critique of work and regular demonstrations of new ideas or techniques.

8, 2 hour sessions

Class	Day	Time	TOH/NR
January 9-February 27			
3141.007	T	7:30-9:30pm	\$146/\$182

Watercolor Workshop and Critique

Ages 15 & up

This class is for students with experience in watercolor. Painting subjects are decided by the student. There is strong emphasis on good composition, design, and glowing color. Weekly critique. Regular class demonstration on new techniques.

8, 2 hour sessions

Class	Day	Time	TOH/NR
January 11-March 1			
3141.008	Th	10am-12noon	\$146/\$182

Drawing for Pleasure

Ages 10 & up

Drawing is a skill that can be learned and enjoyed for years to come. It can enhance awareness and teach you to see the world around you as you have never imagined. Join this challenging class and learn more about drawing what you see and seeing more clearly. We will work through a series of carefully-planned exercises to gain skill, use the right side of the brain as well as the left, and learn some useful "tricks" to help you draw accurately.

8, 1.5 hour sessions

Class	Day	Time	TOH/NR
January 9-February 27			
3141.009	T	4:30-6pm	\$120/\$150

**NO SENIOR DISCOUNT FOR
LASSIE'S ART CLASSES**

Cartooning – Ages 12 & up

Learn how to develop a cartoon strip. Create cartoon characters, choose an environment or background, learn sequencing, write a script or dialog for the characters to interact with each other. Assignments will be given in each session as well as time to work in class. The "one liner" cartoon will also be discussed. A materials list will be given in the first class.

8, 1.5 hour sessions

Class	Day	Time	TOH/NR
January 9-February 27			
3141.005	T	6-7:30pm	\$67/\$84

Rubber Stamping/Card Making – Ages 15 & up

Join Julie Saylor for an evening of card making. Students will learn and utilize basic rubber stamping techniques to make 5 unique cards – please note the theme of each class by the class title. Additional sentiments will be provided, so sentiments can be interchanged for personal need. Students will go home with a multi-piece themed all occasion stamp set so they may make unlimited cards. Students should bring: fine detail scissors, glue stick, and mono adhesive or double sided tape to class. \$30 supply fee per class payable to instructor for multi-piece stamp set.

All Occasion Cards

1, 2 hour session

Class	Day	Time	TOH/NR
January 24			
3065.003	W	6:30-8:30pm	\$20/\$20

Coffee, Cocoa, Hot Drink Themed Cards

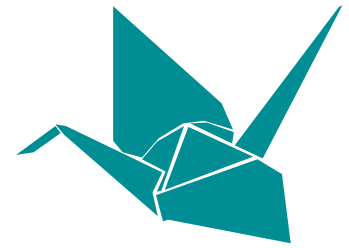
1, 2 hour session

Class	Day	Time	TOH/NR
February 21			
3065.004	W	6:30-8:30pm	\$20/\$20

Spring Themed Cards

1, 2 hour session

Class	Day	Time	TOH/NR
March 21			
3065.005	W	6:30-8:30pm	\$20/\$20



Beginning Origami for Kids – Ages 6 & up

NEW

If your child has ever asked you to figure out an origami diagram or make a paper crane, this is the perfect class for them to learn origami for themselves. Children will learn how to fold 5-8 different popular origami shapes using standard origami paper of all sizes. Samples, instruction sheets, and practice origami paper will be provided at the end of the class for at home practice. Great outing for scout troops. A \$2 materials fee will be collected at time of class, payable to instructor.

1, 1 hour session

Class	Day	Time	TOH/NR
January 17			
3655.001	W	4-5pm	\$18/\$18
February 28			
3655.004	W	4-5pm	\$18/\$18

Origami Notecards

NEW

Ages 16 & up

Learn to make beautiful, one-of-a-kind origami notecards. Attendees will learn history of origami, fold simple origami pieces, and create four handmade notecards, incorporating collage, rubber stamping and paper layering. We will view sample pieces, artwork, and instruction books, and have a Q&A session. Students will receive a take-home kit with instructions and origami paper. A \$2 materials fee will be collected at class, payable to instructor.

1, 1 hour session

Class	Day	Time	TOH/NR
January 17			
3655.002	W	5-6pm	\$18/\$18
February 28			
3655.003	W	5-6pm	\$18/\$18

POTTERY

Beginning/Intermediate Wheel Throwing – Ages 16 and up

Join Guy Zoller for an education in pottery making. The class will cover hand-building and pottery-wheel techniques. Cost includes instruction, a limited amount of clay, and use of tools, equipment, and kiln firing. The class will have lectures and demonstrations followed by student's opportunity to work with clay. Students will be provided with 25 lbs. of clay. Additional clay may be purchased for \$15 per bag.

8, 3 hour sessions

Class	Day	Time	TOH/NR
January 12-March 2			
3141.001	F	10am-1pm	\$150/\$188

Intermediate Wheel – Ages 16 & up

For the potter who already knows the basics and wants to learn more advanced techniques. This class will focus on decorative forms such as bottles and vases as well as production techniques, such as throwing off the hump, repeating forms, and dinnerware. Glazing and more advanced surface treatments will be explored. Students should bring a towel to the first class. 25lbs. of clay included, additional clay may be purchased.

8, 3 hour sessions

Class	Day	Time	TOH/NR
January 10-February 28			
3141.002	W	6:30-9:30pm	\$150/\$188

Pottery classes will be held in the all new arts & crafts room with dedicated kiln room.



COOKING

Cooking with Kids – Ages 6-10

Hands-on cooking with instructor Leanne Guido. Please bring an apron to class.

Go Bananas

Make mini banana chocolate chip muffins and banana pancakes.

1, 1 hour session

Class	Day	Time	TOH/NR
February 5			
3120.014	M	4-5pm	\$15/\$15

Valentine's Day Trio

Decorate cookies, do some chocolate dipping, and make a Valentine's Day craft.

1, 1 hour session

Class	Day	Time	TOH/NR
February 12			
3120.015	M	4-5pm	\$15/\$15

Book and Cook – Ages 5-7

Chicken Soup with Rice

Make a delicious chicken soup, and enjoy Maurice Sendak's book Chicken Soup with Rice.

1, 45 minute session

Class	Day	Time	TOH/NR
February 19			
3120.016	M	4-4:45pm	\$15/\$15

Youth Cooking Class

Wok and Sauté – Ages 11-14

Prepare and enjoy two fast, easy, and healthy seafood and chicken entrees.

1, 1 hour session

Class	Day	Time	TOH/NR
February 26			
3120.017	M	4-5pm	\$20/\$20

ADULT COOKING CLASSES WITH CHEF SANDY AMATO



Vegetarian Entrees

Ages 16 & up

If you are trying to eat less meat and more vegetables, this is the perfect class to learn some new and

different ingredient combinations and cooking techniques. We'll make wonderfully-satisfying, nourishing dishes and learn about the nutritional power of vegetables and beans.

1, 2 hour session

Class	Day	Time	TOH/NR
January 17			
3645.015	W	6:30-8:30pm	\$52/\$52

Dinner in 30 – Ages 16 & up

It is possible to get a good dinner on the table in 30 minutes or less. It can happen with easy, healthy recipes, quick-cooking techniques, and some great shortcuts. We'll make two great dinners that you and your family are sure to love, plus you'll take home recipes and a cheat sheet with other ideas for getting dinner done in 30 minutes.

1, 2 hour session

Class	Day	Time	TOH/NR
January 31			
3645.016	W	6:30-8:30pm	\$52/\$52

Chocolate, Chocolate, Chocolate

Ages 16 & up

Truly a class for the Chocoholic or for making special Valentine's Day treats. We'll make truffles, flourless chocolate torte, and decadent brownies. Simple decorating techniques will take your desserts right over the top.

1, 2 hour session

Class	Day	Time	TOH/NR
February 7			
3645.017	W	6:30-8:30pm	\$52/\$52

Introduction to Indian Cooking – Ages 16 & up

Love the taste of Indian food but feel intimidated by the thought of preparing it? We'll do some demystifying as we talk about the different spice and ingredient combinations, cook some wonderful dishes, and make our own Indian spice mix. Come and explore this wonderful cuisine with easy recipes for home cooking.

1, 2 hour session

Class	Day	Time	TOH/NR
February 21			
3645.018	W	6:30-8:30pm	\$52/\$52

Classes now held in our spacious new kitchen.

SPECIAL INTEREST

Digital Photography

Ages 16 & up

Join this introduction to digital photography. Learn how to use a digital camera. Instructor will share tips on how to enhance your photographs, best methods for storage and archiving of images.

8, 1 hour sessions

Class	Day	Time	TOH/NR
January 10-February 28			
3141.004	W	7-8pm	\$69/\$86

Kidsit Babysitting Certification – Ages 11-15

Geared toward young students who want to become good babysitters. Course topics include: babysitter's rights and responsibilities, child development, baby care, toys, and games, first aid, how to handle emergencies, and CPR. Each babysitter will receive a babysitting kit including a Kidsit Manual, CPR book, Kidsit certification and CPR completion card. Please bring a lunch.

1, 6 hour session

Class	Day	Time	TOH/NR
January 20			
3620.002	Sa	10am-4pm	\$48/\$48
February 10			
3620.003	Sa	10am-4pm	\$48/\$48
March 10			
3620.004	Sa	10am-4pm	\$48/\$48

Kid Care

Take advantage of the expanded drop off babysitting service, run by our friendly staff.

**Monday-Friday 7-10:45am and 5-8:30pm
Saturday and Sunday 9am-12pm**

- \$4 for 2 hours
 - \$45 for 15 visit punch pass
 - \$60 for 25 visit punch pass.
- Drop-ins are admitted daily on a space-available basis.

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout, or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule, and convenient punch-passes simplify the registration and payment process. Sorry, staff will not change diapers.

NOTE: Parents or guardians must be registered for a recreation class at the community center during Kid Care or be using the center's facilities. Parents must stay in the building the entire time. There is a two-hour limit for children participating in the babysitting service.

CHESS

Chess is growing in popularity, and everyone should know how to play. The game helps develop critical thinking skills, concentration, and basic strategy, and teaches the value of planning and considering alternatives. Chess sets will be provided.

Beginner – Ages 8-12

Students will learn the rules of chess, conditions for castling, rules of pawn promotion, rules of pin, en passant capture, when castling is legal, difference between check mate and stale mate, basic strategy, and tactics.

8, 1.25 hour sessions

Class	Day	Time	TOH/NR
January 13-March 3			
3645.010	Sa	10:30-11:45am	\$64/\$80

Intermediate – Ages 8-12

Student will learn the values of the chessmen; the basic tactics of chess including: pins, forks, skewers, double attack, discovered check, and double check; how to record a chess game, guidelines to opening play, fool's mate and scholar's mate.

8, 1.25 hour sessions

Class	Day	Time	TOH/NR
January 13-March 3			
3645.011	Sa	12-1:15pm	\$64/\$80

Private Guitar Lessons

Ages 7 & up

Private lessons are offered at the Herndon Community Center. Instructions will progress at the student's pace. If you are interested, call 703-435-6800x2120, and place your name on the list. The instructor will contact you to confirm a time, and then you may register for the class. Instructional book is included in the cost of the class.



8, 45 minute sessions

**Classes start week of January 6
\$128 TOH/\$160 NR**



GUITAR LESSONS

Group Acoustic Guitar

Learn pop songs, folk songs, and your favorite songs off the radio! This class will focus on introductory guitar techniques. Students will learn how to read music, play chords, finger picking patterns, and the structure of songs. Students must provide their own, classical, or acoustic guitar.

Beginner – Ages 7-12

8, 50 minute sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3441.041	M	4-4:50pm	\$48/\$60

Intermediate – Ages 7-12

12 weeks experience

8, 50 minute sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3441.042	M	5-5:50pm	\$48/\$60

Advanced – Ages 8-13

12 weeks experience or teacher's approval

8, 50 minute sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3441.043	M	6-6:50pm	\$48/460

Beginner Adult – Ages 14 & up

8, 50 minute sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3441.044	M	7-7:50pm	\$48/\$60

Intermediate/Advanced Adult

Ages 14 & up

12 weeks experience

8, 50 minute sessions

Class	Day	Time	TOH/NR
January 8-February 26			
3441.045	M	8-8:50pm	\$48/\$60





Teens!

Bring it - the room is open!

The HCC Teen Room is dedicated to middle school students every weekday afternoon from 2:30 - 6 pm.

Featuring **computers**, a **wide screen TV** and **stereo system**, it's a place to chill out and enjoy being with your friends. Access also includes **open gym time** and use of the **game room**, plus **special events** and **activities** scheduled each week planned by our staff with your input.

Purchase a \$15 Teen Club Membership and take advantage of all the cool stuff the center has just for you!

You must purchase a club membership card before participating in any of the after-school programs and activities and present it for admission. Join anytime during center hours - get your card today!

**Teen Club
Only
15 Bucks!**



Teen Ski Roundtop - Grades 7-12

Teens Only! Ski or snowboard Roundtop in Lewisberry, Pennsylvania. It's only two hours away! If you've never gone skiing or snowboarding, this is a perfect opportunity. Spend your FCPS Holiday having fun! Trip includes transportation, drivers, chaperones, meal (pizza, sandwich or burger + cookie and a drink), lift tickets, and optional learn-to-ski-or-snowboard package.

Only 26 spaces available! No refunds after January 16.

Class	Day	Time	TOH/NR
January 26	F	7:30am-9pm	
3830.501		Lift tickets only	\$65/\$65

For skiers and snowboarders who have their own equipment.
Lift ticket valid on all lifts in operation that day.

3830.502	Learn to Ski or Snowboard Package	\$77/\$77
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Includes lift ticket valid on beginner conveyor lift, Fife & Drum and Drummer Boy lifts, use of rental ski or snowboard equipment. Guaranteed first time class lesson.

3830.503	Lift Ticket, Rental and Lesson	\$87/\$87
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Use of rental ski or snowboard equipment. Group lesson at your ability level. Lift ticket valid on all lifts in operation that day.



TEEN FRIDAY NIGHTS

Middle School Students ONLY

Here's your chance for exclusive use of the Teen Room and Game Room and of course, room to dance and mingle with friends on Teen Friday Nights at the Herndon Community Center.

8:00-10:30pm

\$4/advance* \$5/at door**

*Tickets will be sold at the Herndon Middle School the Thursday and Friday before.

**Must present school ID or have a parent present when purchasing admission at the door.

January 19

February 23

TEEN CINEMA

You're invited for an afternoon of popcorn, candy and a movie on the 2nd and 4th Wednesday of every month. This is a great way to see friends and to make new ones! Enjoy a feature film, new release or classic. All movies are rated PG or PG-13. Films subject to change. To find out what's playing, check the schedule in the Teen Room. Show begins at 2:45pm. Teen Club Card required for admission.

Ages 12 & up

January 11	X Men 3-The Last Stand
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January 25	Napoleon Dynamite
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February 8	Batman Begins
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February 22	Glory Road
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TRIPS & SENIORS

No senior discounts for trips.

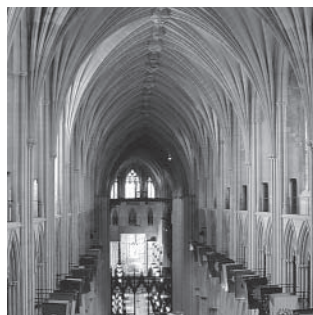
National Cathedral & High Tea – Ages 55 & up

Where else can you see Joan of Arc and Eleanor Roosevelt in one place? Women of great influence are to be found in the statuary, needlepoint, and stained glass of the cathedral. Hear their tales and look upon the faces and symbols of these revolutionary thinkers, visionaries, and saints. After the tour, you will enjoy a high tea at the Pilgrim Observation Gallery.

12:15pm	Depart Herndon Community Center
1:30pm	Tour of Women in Glass & Stone
2:45pm	High Tea in the Pilgrim Observation Gallery
4:30pm	Depart

Trip includes driver, escort, transportation by 15-passenger van, high tea, tour guide, and tour. Only 26 spaces available. *No refunds after February 16.*

Class	Day	Time	TOH/NR
February 27			
3850.201	T	12:15-5:30pm	\$30/\$30



SENIOR CINEMA

You're invited to the Herndon Community Center for an afternoon of light refreshments and a movie—ALL FREE on the 1st and 3rd Wednesday of every month (unless specified otherwise). This is a great way to see friends and to make new ones! Enjoy a feature film, new release, or classic. All movies are rated PG or PG-13. To find out what's playing or to be placed on our mailing list, please call **703-787-7300**. Show begins at **10am**.

Ages 55 & Up

January 3	Poseidon
January 17	West Side Story
February 7	On Golden Pond
February 21	Failure to Launch

National Portrait Gallery

All ages

The National Portrait Gallery shares with the Smithsonian American Art Museum one of Washington's oldest public buildings, a National Historic Landmark that was begun in 1836 to house the U.S. Patent Office. One of the nation's finest examples of Greek Revival architecture, the building has undergone an extensive renovation. The Portrait Gallery's mission is to collect and display images of "men and women who have made significant contributions to the history, development and culture of the people of the United States." It is the only museum in the United States to combine the aspects of American history, biography and art. Prominent works in the Gallery's collection include:

- Benjamin Franklin/ by Joseph Duplessis (featured on the new \$100 bill)
- Abraham Lincoln/ by Alexander Gardner
- Grant and His Generals/ by Ole Peter Hansen Balling
- Charlie Chaplin/ by Edward Steichen

Tour and lunch on your own. Trip includes transportation by motor coach and escort. No refunds after January 16. Alternate date for inclement weather: February 2.

Class	Day	Time	TOH/NR
January 25			
3850.202	Th	9:30am-3:30pm	\$30/\$30

Bye, Bye, Birdie – Ages 55 & up

Come with Herndon Parks & Recreation to the Riverside Dinner Theatre in Fredericksburg, Virginia, to see a classic! Memories of Elvis spring to life as Conrad Birdie, in his prime as a teen-idol rock 'n roll singer, is about to be inducted into the army. His agent, mild-mannered Albert Peterson, along with Albert's faithful secretary, Rosie Grant, concoct a final publicity stunt to have him bestow a goodbye kiss on a typical American teenage girl. Trip includes transportation by motor coach, driver, escort, buffet lunch, and theatre ticket. **No refunds.**

Class	Day	Time	TOH/NR
February 7	W	9:30am-6pm	\$70/\$70

Herndon Community Center – newly renovated!



Now Featuring:

- Expanded fitness room with new equipment
- 3 racquetball courts
- 25-yard indoor heated pool, spa & sauna
- Full-size gymnasium
- 6 lighted tennis courts
- Personal training
- Classes galore - land and water fitness, swimming, tennis, yoga, Pilates, dance, art, childcare, and much more.

Daily admission now includes select land fitness classes.

Herndon Community Center Coupon

\$2 Off One Day General Admission

to be used on day of purchase.

Or \$5 Off a 25-Visit Admission Pass



814 Ferndale Ave., Herndon, VA 20170
(703) 787-7300 • www.herndon-va.gov

Offer expires 3/1/07

No Initiation Fees or Contracts
Flexible Admission Passes

Registration Information

HOW REGISTRATION WORKS

Town of Herndon residents receive priority in the registration process. Open registration by any of our 6 convenient registration methods will begin for TOH-residents at 10am on Wednesday, December 6. Open registration for non-TOH-residents will begin at 10am on Tuesday, December 12.

WHAT DOES TOH MEAN?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC). The TOH offers discounts and priorities to its citizens.

- Town of Herndon (TOH) residents receive a discount on classes and programs. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is received by the first advertised registration date.

HOW DO I KNOW IF I LIVE IN THE TOWN OF HERNDON?

Two easy indicators are that if your car personal property tax sticker or your water bill is from the Town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, please call us at 703-787-7300.

FORMS & FEES

Use one form for each household, and a separate check, cash, or credit card number with expiration date must be provided for each class. Checks should be made payable to the "Town of Herndon." PLEASE NOTE multiple registrations with one check will be returned unprocessed. Registrations with incorrect payment will be returned unprocessed.

SPECIAL REQUESTS

The TOH is unable to honor special requests, such as siblings and car pools.

LATE REGISTRATIONS

Late class registrations are accepted if space is available with no fee reduction.

CLASS CANCELLATIONS

The TOH reserves the right to cancel any class/workshop that does not meet minimum enrollment. If your class is cancelled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not cancelled due to low enrollment.

SUPPLIES/EQUIPMENT

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

REFUNDS

Full refunds given if classes are already filled or a minimum enrollment is not met. You may receive a refund less a 20% service charge (\$10 maximum) up to 3 days before your program starts for any reason. Less than 3 days before your program starts or after the program starts, refunds or letters of credit are only given for medical reasons or relocation of at least 20 miles from the Town of Herndon. Exception: with trips that have specific refund request deadlines, the 20% fee applies. Refunds are prorated from the time that the request is made. Letters of credit are also available and are not subject to a service charge. After the mid-point of the program, refunds or letters of credit will not be given for any reason (other than classes canceled by the department).

PARTICIPATION OPEN TO ALL

The HCC programs and facilities are open to all citizens regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities, so that they may participate in services, programs, or activities offered by the TOH. Please call 703-787-7300 or 1-800-828-1120-TDD at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

NOTICE

In accordance with the Code of Virginia, a fee in the amount of thirty-five dollars (\$35) will be collected for every check returned to the Town of Herndon. **A SEPARATE CHECK IS REQUIRED FOR EACH CLASS REGISTRATION ON THE FORM.**

FINANCIAL ASSISTANCE AND SCHOLARSHIP PROGRAM

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs (not including trips, daily admissions or passes to the Community Center) for those who meet federal financial qualifications for assistance. Additionally, in cooperation with Northern Virginia Family Service, the Town provides scholarships to eligible citizens for programs offered by the Herndon Community Center which may supplement the Town's financial assistance program. Call 703-435-6800 x2107, for information, or visit the Community Center for assistance.

PARENT OBSERVATION

To ensure an independent learning experience and to foster a quality, and rewarding learning environment in our youth classes, parents shall remain outside the classroom. In swim classes parents may sit in the bleacher area. The class instructor will notify parents if an observation day will be held at the end of the session. If you have a special consideration, please contact the Parks and Recreation Office to speak with the Recreation Program Supervisor.

ATTENTION SENIORS!

Senior adults age 61 and over as of Dec. 31, 2006 receive a 50% discount on classes, except where noted. Discounts do not apply to classes that meet one time or to trips.

6 EASY REGISTRATION OPTIONS:

Open Registration dates apply to ALL registration options - 10am on Dec. 6 for TOH Residents, and 10am on Dec. 12 for non-TOH Residents.



1. ONLINE registration access requires a customer ID number and password before beginning online registration. Detailed instructions through our website at www.herndon-va.gov. Once your account is established and registration has opened, you may enroll online any time 24 hours a day.



2. TOUCHTONE registration is available 24 hours a day. With a customer identification number and password, you can call our automated registration line at 703-707-2662 and register over the phone. Call 703-435-6800 x2100 to obtain customer identification numbers for yourself and your family members, and your password. Credits on account cannot be applied through Touchtone registration.



3. MAIL a completed form and separate check, money order or credit card payment to:

**Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172**



4. FAX (24-hours-a-day) a completed form with a VISA or Master Card number and expiration date to: 703-318-8652. Faxed registrations cannot be verified during peak registration times.



5. DROP OFF a completed form with separate check, money order or credit card payment at the HCC, 814 Ferndale Avenue, Herndon, VA 20170.



6. IN PERSON registration at the HCC reception desk.

Registration for classes with this icon is not available through touchtone or online.



Signature on our liability waiver will be required prior to participation.

Class information found through our online registration process is updated daily. Thus, if you find that course information has changed from this brochure, the updated information found online is correct.



Registration Guidelines

Use one form for multiple class registrations

Complete this form and be sure to note:

1. Your first, second, and third choices.
2. If you are paying by check or money order, please write a separate check or money order for each first choice.
3. Please use one form per household.
4. Let us know if you want to receive an email newsletter and updates.

Registration for Town of Herndon Residents begins on **Wednesday, December 6** at 10am at the HCC.
Registration for Non-Town of Herndon Residents begins on **Tuesday, December 12** at 10am at the HCC.

PHONE: 703-787-7300
FAX: 703-318-8652

Winter 2007 Herndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____ HOME PHONE _____

WORK PHONE _____ EMAIL _____

Participant Name	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 1 / 99	M/F <input checked="" type="radio"/>	0000.000	Level 4	\$68	0000.000	0000.000
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

☐ Check to receive email newsletters and updates.

MAKE ONE CHECK FOR EACH CLASS PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$35 fee

MAIL TO:



Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 20% service charge will be accessed (\$10 maximum) up to 3 days before start of program. Less than 3 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon.

OFFICE USE - Processed by: _____

Payment Method C CK CC LC

AP# _____ Date Paid _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard

CREDIT CARD # _____ EXP. DATE _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or videotape of the activity in any marketing or promotional material.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____

Preschool Open House for 2007-2008 School Year



Thursday
February 8, 2007
2-4pm

Newly
Renovated
Classroom

- * Meet the staff
- * Registration begins at 2pm
- * Priority to TOH residents

Our state licensed Preschool is held in the **newly renovated** Herndon Community Center with 1000 sq. ft. of space, a private restroom, and play area.

Your child will benefit from our planned activities in **art, crafts, music, games, special projects, and field trips.**

September – June

Ages 3-4 Tues/Thurs, 9am-Noon
(must be 3 by September 30, 2007)

TOH/NR
\$950/\$1140

Ages 4-5 Mon/Wed/Fri, 9am-Noon
Mon/Wed/Fri, 1-4pm
(must be 4 by September 30, 2007)

\$1205/\$1446
\$1205/\$1446

\$75 non-refundable deposit and child's birth certificate or passport are due at time of registration. Fees are payable on an established payment plan.



FRIENDS BY THE BUNCH!!!

28th Annual Herndon Holiday Arts & Crafts Show

Sunday, December 3, 2006
10am-4pm

The Herndon Community Center will host over 100 arts and craft vendors offering unique gifts, holiday decorations, and handmade items. New layout and new vendors! Refreshments available. Please, no baby strollers.

Admission
and Parking
FREE



Town of Herndon Parks and Recreation

P.O. Box 427
Herndon, VA 20172

www.herndon-va.gov
703-787-7300

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